

Hafa Adai!

Palacios, Apatang 'absolutely' open to gubernatorial debate. **PAGE 3**
'Legislature not doing job to find ways to subsidize retirees' pensions' **PAGE 5**

\$1

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Manglona: Guam pharmacies no longer accepting CNMI Medicaid

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Sen. Paul Manglona (Ind-Rota) has appealed to Commonwealth Health-care Corp. CEO Esther Muña to address the issue of Guam pharmacies no longer accepting CNMI Medicaid to cover prescriptions for CNMI medical referral patients who are seeking treatment in Guam.

In a letter to Muña, Manglona said it was recently brought to his attention that pharmacies in Guam are no longer accepting CNMI Medicaid to cover prescriptions issued by Guam-based physicians to CNMI medical referral patients.

See MEDICAID on Page 4



Manglona



Muña

TRO against CCC extended anew

By KIMBERLY B. ESMORES
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REPORTER

Because the American Arbitration Association has

accepted the case of Best Sunshine International and Imperial Pacific International (CNMI) LLC against the Commonwealth Casino

Commission to serve as a non-binding arbitrator, the court has extended the existing temporary restraining order.

See TRO on Page 4

\$50K bail for man accused of sexual assault of minor

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

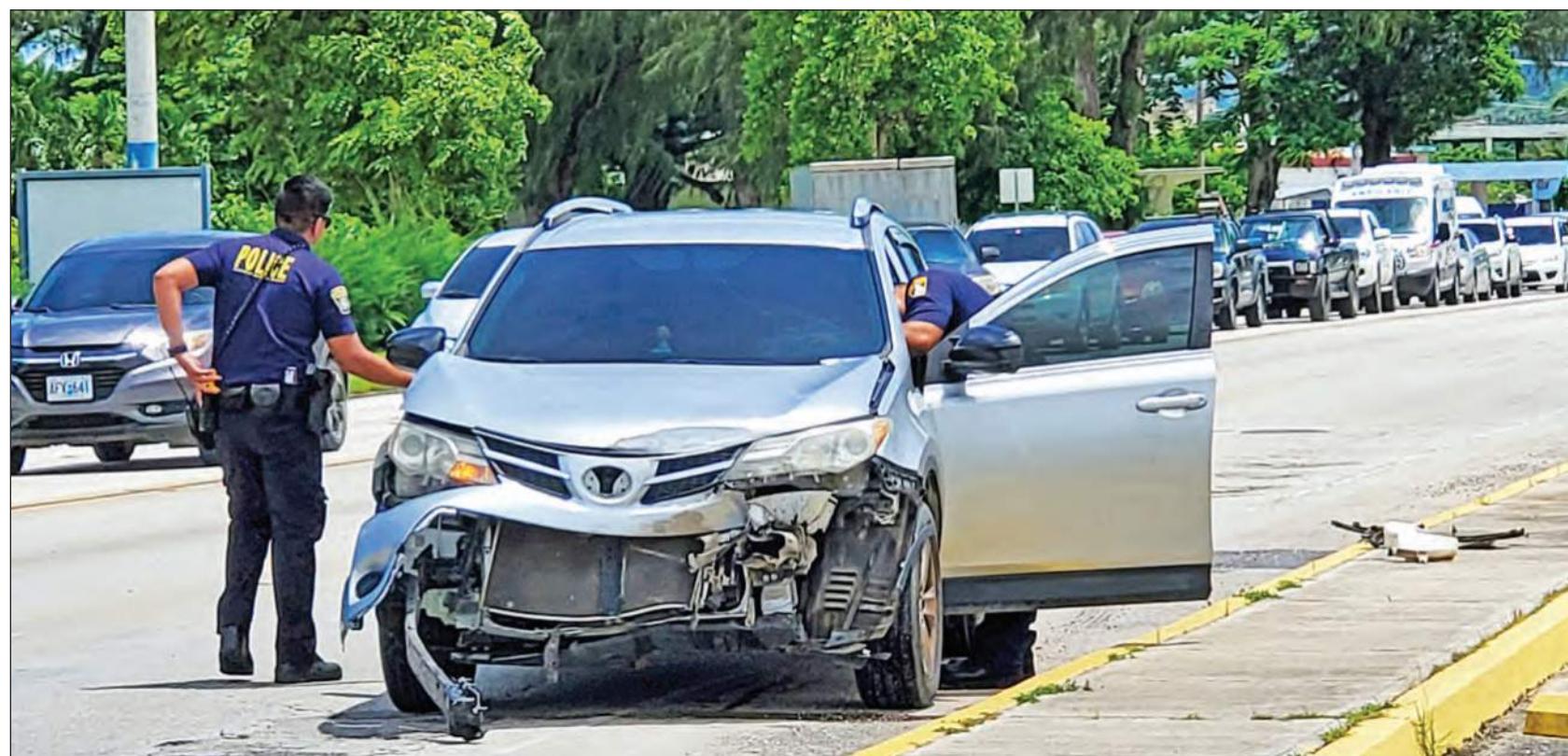
The Superior Court has im-

posed a \$50,000 cash bail on a man accused of sexually abusing a 12-year-old girl.

During a bail hearing last

Friday, Superior Court Associate Judge Joseph N. Camacho imposed a \$50,000 cash bail

See \$50K on Page 4



COLLISION

Police officers inspect the interior of a car that figured in a collision with a van on Beach Road across the Gilbert C. Ada Gymnasium in Susupe Wednesday morning. The car's bumper sustained extensive damage. The van on the other hand, ended up slamming into a pedestrian signal light pole in the area. As of yesterday, the Department of Public Safety has yet to release information to the media about the accident.

FERDIE DE LA TORRE

INSIDE



WORLD

Russian authorities reported shooting down Ukrainian drones Saturday in Crimea.

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HEALTH & WELLNESS

Coloring has increased in popularity among adults as a tool for practicing good mental health.

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LIFE & STYLE

Gary Busey has been charged with sexual offenses at a New Jersey fan convention this month.

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Local

New law adds \$250K more to Tinian Mayor's operations, TCGCC personnel

» Bridge Investment Group's \$250,000 casino license fee supplements local revenues available for appropriation

By FERDIE DE LA TORRE
ferdie.delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres signed last week a local bill that provides a \$250,000 supplemental appropriation to the Tinian and Aguiguan municipal government for fiscal year 2022, with the money coming from

the casino license fee paid by Bridge Investment Group.

Torres informed Tinian and Aguiguan Legislative Delegation chair Sen. Francisco Q. Cruz (R-Tinian) and House of Representatives Speaker Edmund S. Villagomez (Ind-Saipan) that House Local Bill 22-36, D1, is now Tinian Lo-

cal Law 2-09.

Rep. Patrick H. San Nicolas (R-Tinian) introduced the bill last June 13. The Tinian and Aguiguan Legislative Delegation passed the bill last July 21.

Under the legislation, \$200,000 is appropriated for the Tinian Casino Gaming Control Commission's personnel, and \$50,000 for the



San Nicolas

operations (discretionary account) of the Tinian mayor.

San Nicolas stated in the bill that pursuant to a Tinian local law, in the event that the municipal treasurer determines that the estimated

local revenues collected will increase by \$100,000 or more of the projected or estimated revenue, the municipal treasurer shall transmit within 15

calendar days a special budget message to the Tinian Mayor's Office, the chairman of the Tinian delegation, and the chairman of the Tinian Municipal Council proposing to increase the reserve of the fiscal year or provide additional budget authority for the fiscal year.

San Nicolas said any increases in revenues shall be held in reserve, unless appropriated by the Tinian delegation.

He said the Tinian delegation finds that the Tinian Municipal Council transmitted a letter dated June 6, 2022, to Tinian and Aguiguan Mayor Edwin P. Aldan, the Tinian delegation chairman, and Tinian Municipal Council chairman identifying supplemental local revenues in the amount of \$250,000 in casino license fee that is available for appropriation.

The chairman of the TCGCC shall be the expenditure authority of the \$200,000 appropriated to the Commission-

ers Division and the Enforcement Division of the TCGCC.

The Mayor of Tinian and Aguiguan shall be the expenditure authority for the \$50,000 appropriated to the Office of Mayor of Tinian and Aguiguan.

Last May, Torres enacted a bill that seeks limited appropriations in the amount of \$254,500 for the personnel and operations of the TCGCC for fiscal year 2022.

Under the bill, \$185,706 is appropriated for the personnel and operations of the TCGCC-Commission Division and the Division of Enforcement-Administration beginning July 1, 2022, and ending on Oct. 1, 2022.

The amount of \$68,794 is appropriated and carried forward to fund the personnel and operation of TCGCC Commission Division and Division of Enforcement-Administration in fiscal year 2022.

Hawaii seeks end to clash over astronomy on sacred mountain

HONOLULU (AP)—For more than 50 years, telescopes and the needs of astronomers have dominated the summit of Mauna Kea, a mountain sacred to Native Hawaiians that's also one of the finest places in the world to study the night sky.

That's now changing with a new state law saying Mauna Kea must be protected for future generations and that science must be balanced with culture and the environment. Native Hawaiian cultural experts will have voting seats on a new governing body, instead of merely advising the summit's managers as they do now.

The shift comes after thousands of protesters camped on the mountain three years ago to block the construction of a state-of-the-art observatory, jolting policymakers and astronomers into realizing the status quo had to change.

There's a lot at stake: Native Hawaiian advocates want to protect a site of great spiritual importance. Astronomers hope they'll be able to renew leases for state land underneath their observatories, due to expire in 11 years, and continue making revolutionary scientific discoveries for decades to come. Business and political leaders are eager for astronomy to support well-paying jobs in a state that has long struggled to diversify its tourism-dependent economy.

To top it off, the new authority may offer a first-in-the-world test case for whether astronomers can find a way to respectfully and responsibly study the universe from Indigenous and culturally significant lands.

"We've been here for centuries. We are not gone; we are still here. And we have knowledge that would produce a feasible management solution that would be more inclusive," said Shane Palacat-Nelson, a Native Hawaiian who helped draft a report that laid the foundation for the new law.

At issue is the summit of Mauna Kea, which sits 13,803 feet (4,207 meters) above sea level. In 1968, the state gave the University of Hawaii a 65-year lease for land that the school subleases to leading global research institutions in exchange for a share of observation time.

Astronomers like Mauna Kea's summit because its clear skies, dry air and limited light pollution make it the best place to study space from the Northern Hemisphere. Its dozen huge telescopes have played key roles in advancing humanity's understanding of the universe, including making some of the first images of planets outside our solar system. Astronomer Andrea Ghez used one to prove the existence of a supermassive

See HAWAII on Page 4



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By FERDIE DE LA TORRE
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REPORTER

Lt. Gov. Arnold I. Palacios

PAMC petition seeks to stop Japan plan to dump nuclear wastewater

The Pacific Alliance of Municipal Councils has started a petition on change.org—<https://chnge.it/JLT2btJQB6>—that seeks to stop Japan from dumping its Fukushima nuclear wastewater into the Pacific Ocean.

Jim Atalig, who is the PAMC president and secretary of the 18th Rota Municipal Council, expressed his strong opposition to the plan, saying, "If it's not good for their land, it is definitely not good for our ocean where most of us get our food on a daily basis!"

PAMC chair Joseph E. Santos, who is chairman of the 18th Tinian Municipal Council, says, "It is an outrage for anyone to think that it's okay to dump their toxic wastes in our ocean when we rely on it for food, health activities, and economic sustainability."

The members of PAMC are the Saipan and Northern Islands Municipal Council, 18th Rota Municipal Council, and 18th Tinian Municipal Council.

PAMC is urging everyone to circulate the petition through their Facebook page "so we can prevail in preventing Japan and any other countries from using our ocean as their toxic waste dumping ground."

"Nothing good will come out of this, just as the toll of human suffering as a result

said yesterday that he and his running mate for lieutenant governor, Saipan Mayor David M. Apatang, are absolutely

open to a gubernatorial debate.

In response to *Saipan Tribune*'s question, Palacios said there is already a debate in the planning stage by the Saipan Chamber of Commerce and that has been a tradition every gubernatorial election.

"Yes, I will be participating in the debate sponsored by the Chamber at the chamber's invitation," said Palacios, who is running for governor, with Apatang as his lieutenant governor, under a unified independent team in the Nov. 8 general election.

Democratic Party gubernatorial candidate Rep. Christina

"Tina" E. Sablan and her running mate for lieutenant governor, Rep. Leila Fleming, are challenging Palacios and Apatang, as well as Gov. Ralph DLG Torres and Sen. Vinnie F. Sablan of the Republican Party, to a debate.

Palacios said yesterday that a debate is important so the gubernatorial candidates can share their visions for the CNMI's future.

Palacios said the debate allows them to share how to fix the CNMI's problems that presently exist, how they will meet the challenges they face, as well as how they can opti-

mize the opportunities they have today and how they can create them.

Palacios, however, does not agree with a suggestion to also have a debate among the spouses of the gubernatorial candidates. "I don't know where the suggestion came from, but let's leave our spouses out of the campaign politics," he said.

Palacios said he is grateful to his wife, Wella, for her support throughout his political career, which spans almost two decades, but says she is never involved in the intricacies of policy and program

decisions he makes.

"However, she is always there to keep me grounded and remind me constantly that I work for the best interest of our people and the community that put us in office. And that's more than I should ask of her," Palacios said.

Last Wednesday, Torres said he is ready for a debate with the two gubernatorial teams running against him and Sablan. He stated that there should be not one but more debates. Torres also suggested to hold for the first time a debate among gubernatorial spouses.

ON THE NET

<https://chnge.it/JLT2btJQB6>

Local fishing communities in Japan and neighboring countries have raised concerns about potential health hazards from the radioactive wastewater and the reputation damage to local produce, and oppose the release.

The government announced last year a decision to release the wastewater as a necessary step for the plant's ongoing decommissioning.

A massive earthquake and tsunami in 2011 destroyed the Fukushima Daiichi plant's cooling systems, causing triple meltdowns and the release of large amounts of radiation. (With AP)

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Palacios, Mayor Apatang 'absolutely' open to gubernatorial debate

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OIA*From Page 1*

with support to build capacity of government employees and acquire heavy equipment needed to improve public services," said assistant secretary for Insular and International Affairs Carmen G. Cantor. "This important grant funding is also crucial in helping support safety in schools for the students, improve hospital services, and support food security initiatives."

The Technical Assistance Program grants totaling \$2,385,622 will be provided to the following offices and organizations to benefit the CNMI as follows:

■ **\$298,081-Office of the Governor** to support the Marianas Resilience and Sustainability Planning Group, which aims to develop policy solutions and recommendations on matters affecting the CNMI and Guam on issues such as climate change, the labor market, health, economic initiatives, natural resources, the military buildup in the CNMI, education, renewable energy, and areas for collaboration across the Mariana Islands.

■ **\$180,669-Office of Grants Management & State Clearinghouse** to build local capacity of government agencies in the CNMI in competing for and managing federal funds that help support improvement of roads and highways, broadband and telecommunications, blue and green infrastructure, renewable energy, and legacy pollution, among other areas.

■ **\$551,612 - Department of Fi-**

nance to complete the development and implementation of its Revenue Management Information System.

■ **\$45,348 - Department of Commerce** to fund a climate change and environmental literacy workshop for up to 500 government employees to develop knowledge and understanding of climate change and its impacts at the environmental, economic, and societal level. The aim is to help promote and implement climate-friendly policies and procedures across the government.

■ **\$106,763-Municipality of Rota** to bolster the Rota Aquaponics Initiative in the planting, growing, and harvesting of aquaponic plants and fish, which contributes to developing food security on the island.

■ **\$214,946-Rota Department of Fire and Emergency Medical Services** to finalize completion of the Emergency Responders Radio Repeater Site Security and Improvement Project.

■ **\$468,120-Commonwealth Ports Authority**

- \$356,120 to purchase a Light Rescue Utility Truck for the Aircraft Rescue and Firefighting Department at the Francisco C. Ada/Saipan International Airport.

- \$112,000 for fire system upgrades and sprinkler repair in the Customs and Border Protection's Federal Inspection Service area at the Francisco C. Ada/Saipan International Airport.

■ **\$293,025-Commonwealth Utilities Corp.**

- \$152,625 to develop capacity in grant writing and grant management and improve opportunities to secure funding from federal agencies to help

replace aging energy infrastructure and bring cleaner green energy to the Commonwealth.

- \$140,400 to train and certify employees to meet local and federal regulatory certification guidelines in water and wastewater management.

■ **\$227,058-Commonwealth Healthcare Corp.**

- \$157,664 to upgrade the hospital's Public Address System, now 25 years old.

- \$69,394 to expand dental services from Saipan to the islands of Tinian and Rota through an inter-island tele-dentistry program.

The Maintenance Assistance Program grants totaling \$1,087,740 will be provided to the following agencies in the CNMI as follows:

■ **\$403,146-CNMI Public Schools** for deferred school maintenance on Saipan and Tinian.

■ **\$339,937-Department of Public Works** to acquire an 18-Wheeler Tractor and Trailer Flat Bed for use to service roadway and stormwater drainage systems, especially necessary following storms and natural disasters.

■ **\$262,600-Commonwealth Utilities Corp.** to acquire a Backhoe Loader and a Water Pipe Trencher to support work in repairing leaks, pipe-laying, drainage access, etc.

■ **\$82,057 - Municipality of Tinian & Aguiguan** for renovation of the public restrooms at Jones Beach, a popular site on-island where families gather for social occasions.

A longer version of this story is available at www.saipantribune.com

HAWAII*From Page 2*

black hole at the center of our galaxy, for which she shared the 2020 Nobel Prize in physics.

But the telescopes have also changed the summit landscape and have increasingly upset Native Hawaiians who view the place as sacred. The 2019 protests by people calling themselves "kia'i," or protectors of the mountain, were aimed at stopping the construction of the biggest and most advanced observatory yet: the \$2.65 billion Thirty Meter Telescope,

or TMT, backed by the University of California and other institutions.

Law enforcement arrested 38 elders, mostly Native Hawaiians, which only attracted more protesters. Police withdrew months later after TMT said it wouldn't move forward with construction right away. Protesters stayed put but closed camp in March 2020 amid concerns about COVID-19.

The episode pushed lawmakers to seek a new approach.

The result is the new governing body, the Mauna Kea Stewardship and Oversight Authority, which will have a board of 11 voting members. The governor will appoint eight.

Gov. David Ige hasn't set a date for announcing his nominees, who will go before the state Senate for confirmation. He said more than 30 have applied.

Palacat-Nelsen said traditional Native Hawaiian knowledge could help the authority determine how large a footprint manmade structures like telescopes should have at the summit.

"Do we take heavy steps? Do we take light steps? When do we take steps? What seasons do we take steps?" Palacat-Nelsen said. "All that type of knowledge is embedded in the majority of our stories, our traditional stories that were handed down."

mother from the area.

The woman told police that Okaruru had shown up at the residence at around 6pm that day, Aug. 17, and she heard him call the child before hearing him "getting mad" at the girl. When she looked outside, she said she saw Okaruru pull out a lighter and throw it at the girl.

Meanwhile, the girl told police that Okaruru was "getting mad" at her because he believes she was plotting against him to have the police "take him away" for his drug use.

In a separate interview the following day, Aug. 18, at the Division of Youth Services, the girl stated that Okaruru hits her mother and touches her inappropriately. The victim said that Okaruru started "touching" her around February or March this year and the abuse had continued during the summer.

The victim said she constantly tells Okaruru to stop but he had threatened to hurt her on one occasion.

\$50K*From Page 1*

on Manuel Mark I. Okaruru, 47, for charges including sexual abuse of a minor in the first degree, assault and battery, and more, for allegedly sexually abusing a 12-year-old girl.

The court did not allow Okaruru, who has an extensive rap sheet ranging from minor to major traffic violations, criminal misdemeanors, to felonies, to post 10% of his bail. This means that Okaruru must post the entire \$50,000 bail if he wants to be released temporarily.

Following the bail hearing, Okaruru was remanded back to Department of Corrections custody and was ordered to return to court on Aug. 25, for a preliminary hearing while his arraignment was set for Aug. 29, before Superior Court Presiding Judge Roberto Naraja.

According to court documents, Department of Public Safety units responded to a disturbance call at the Toha Market in San Antonio at around 9:15pm last Wednesday. Officers met with a woman there, who asked police officers to check on her daughter as Okaruru was allegedly hurting her.

They then followed the woman to a house near Toha, where the woman burst into tears and told the officers that Okaruru was hurting her 12-year-old daughter, all while pointing to a girl who was standing nearby. The woman then called the girl over and encouraged her to tell police what had happened, which led the child to start crying before saying that Okaruru touched her privates.

However, as the girl was talking to police, Okaruru was heard calling out to her, which led the victim to stop talking. Police noted that the girl "appeared scared to talk" so they removed the girl and her

TRO*From Page 1*

der taken out against the CCC while the matter is taken under advisement.

Last Friday, CCC, BSI, and IPI came before U.S. District Court for the NMI Chief Judge Ramona Manglona to address the plaintiffs' previous motion for order compelling arbitration.

Arbitration is essentially a procedure wherein two parties agree on one or more arbitrators to make a decision in their dispute in order to resolve a disagreement outside of court proceedings.

During the hearing, the defense and the court agreed that because there is now an available opportunity for nonbinding arbitration, the motion for compelling arbitration should be deemed moot.

However, the plaintiffs continued to argue in opposition.

Because of this, Manglona took the matter under submission and said she would issue a decision by Wednesday, Aug. 24. In addition, the court set a status conference for Wednesday, Aug. 24, 8:30am and extended the TRO until Aug. 24.

According to court documents, BSI and IPI filed their notice of AAA case acceptance last Aug. 17 to notify the court that the AAA International Centre for Dispute Resolution will proceed to administer this arbitration as a non-binding arbitration under the ICDR's International Arbitration Rules.

MEDICAID*From Page 1*

As of last Friday, an administrative conference has been set for Aug. 25, at 8am.

IPI previously filed a complaint against CCC and took out a temporary restraining order against the commission to prohibit it from moving forward with a hearing to revoke IPI's exclusive casino commission.

According to court documents, IPI filed their complaint and emergency motion for a TRO last May 23. The court issued the TRO on May 23, ordering the CCC to cease and desist from proceeding with enforcement action 2021-001-005, including convening the enforcement hearing scheduled for May 24-25.

The parties appeared before the court for a status conference on May 25, where the defendants asked for more time to respond to IPI's emergency motion.

Following the status conference, the court issued an order extending CCC's deadline to file its opposition to IPI to May 31, with plaintiff's reply due June 2.

Based on a stipulation by the parties filed on May 31, the court entered an order extending the TRO and granting the joint stipulated motion to stay briefing on IPI's motion due to the parties' significant progress toward a settlement.

According to the order, the court extended the TRO through July 8, and stayed the briefing on the plaintiffs' complaint and emergency motion for TRO for a period of 30 days.

This is the third time the TRO has been extended.

return to the CNMI and have to go through hoops to get their prescription sent over from the CNMI, which causes further delay.

"In more unfortunate cases, patients who require an extended treatment plan and are unable to return to the CNMI sooner have had to seek assistance from family members living in the CNMI, send their family a copy of their prescription in order for a family member to pick up their medications under the patient's Medicaid, and then pouch the medication back to Guam in order for the patient to take their prescribed medication. Similarly, this process results in further delay of patients taking their medication in an already intense situation as family members are trying to cope with the patient's medical diagnosis," he said.

Manglona stated in his letter that it is imperative that CHCC direct its attention to this matter as it is hindering CNMI patients in Guam from obtaining their medications.

"I can only imagine the extraordinary measures other patients and their families have had to endure in an effort to get their medication in a timely manner. Something needs to be done. I humbly and urgently request for your immediate attention to this matter," he said.

Manglona explained that these circumstances have resulted in the added burden and stress of CNMI patients and their families who cannot afford Guam prescriptions out of their own pocket.

"As a result, many of our patients have had to delay taking their medication until returning to the CNMI, so that they may request for a new prescription from their primary physician in order to use their Medicaid with CNMI pharmacies," Manglona said.

It was not immediately learned why Guam pharmacies have stopped honoring CNMI Medicaid.

'Legislature not doing job to find ways to subsidize retirees' pensions'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres said Wednesday it's the Legislature's job to make revenue-generating bills, but he does not see any legislations that are being passed to subsidize government retirees' 25% pension benefits.

Torres said in an interview with the media that the administration is already saving funds for retirees in case the House of Representa-

their full pension by working with the Senate," he said.

The governor noted that Senate President Jude U. Hofsneider (R-Tinian) recently came out to express support on what needs to be done for the



Torres

» Torres says administration saving money for retirees in case House again fails to pass revenue-generating bills

25% pension benefits.

The CNMI government is mandated to pay only up 75% pension benefits to retirees un-

der the U.S. District Court for the NMI-approved settlement agreement.

"But for us, rest assured that we will set aside some funding to assure the retirees get 25%, and or the full 100%," Torres said.

Torres recently

announced that his administration will pay for the remaining 25% pension benefits this first quarter of the new fiscal year, thus giving the retirees 100% of their pensions.

Torres said that \$3.27 million—or \$545,000 bi-weekly—will be remitted to the CNMI Settlement Fund to cover the first quarter of fiscal year 2023 for the period Oct. 1,

was finalized by the CNMI Supreme Court.

Castro said the proposed Rule 73-2 becomes effective 60 days after the submission, unless disapproved by a majority of the members of either Senate or House.

He said in the interim, the Supreme Court has adopted the proposed rule per court order, pending the Legislature's approval.

Limiting government lawyers to four years to practice law without taking and passing the NMI Bar exam has been cited by some attorneys as one of the main reasons why the Office of the Attorney General has a revolving door of lawyers and why it keeps recruiting lawyers from the U.S. mainland, who then leave the islands soon after.

2022 to Dec. 31, 2022.

Last week, the governor reiterated his appeal to the Legislature to start looking into passing revenue-generating bills and coming up with revenue-generating ideas and making it a reality. He pointed out that

he is "making things happen" and working with the government's private partners, including the launch of a new interisland airline, Marianas Southern Airways, and the return of the Japanese market this September, even as the Korean market

continues to improve even during COVID-19 pandemic.

The governor said they are looking at other destinations, perhaps even Australia, to come in and even bringing back the Philippine market.

"So while I do this, the Torres administration, I urge the Legislature to please look into revenue-generating bills," he added.

Castro wants recruited gov't lawyers OK'd to practice eight years sans NMI Bar exam

By FERDIE DE LA TORRE
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REPORTER

CNMI Supreme Court Chief Justice Alejandro C. Castro has sought the Legislature's approval for a proposed rule that seeks to increase from four years to a maximum of eight years the time allowed for recruited government lawyers to practice law in the CNMI without requiring them to pass the NMI Bar examination.

Castro said that, in order to retain and recruit experienced attorneys, the Office of the Attorney General, in consultation with the CNMI Bar Association, requested that attorneys with limited admission be able to extend their admission without having to take the CNMI Bar examination.

The CNMI Supreme Court's proposed Rule 73-2 of Title 9, Rules of Admission provides for one four-year extension, said Castro in his recent letter to Senate President Jude U. Hofsneider (R-Tinian) and House of Representatives Speaker Edmund S. Villagomez (Ind-Saipan).

If adopted, Castro said, the proposed Rule 73-2 will replace the previous rule and will increase the time that limited admission attorneys are able to practice in the CNMI from the current for-year requirement to a maximum of eight years.

He said the CNMI Attorney General and the Micronesian Legal Services Corp. had the opportunity to comment and propose recommendations to Rule 73-2 before the proposal

was finalized by the CNMI Supreme Court.

Castro said the proposed Rule 73-2 becomes effective 60 days after the submission, unless disapproved by a majority of the members of either Senate or House.

He said in the interim, the Supreme Court has adopted the proposed rule per court order, pending the Legislature's approval.

Limiting government lawyers to four years to practice law without taking and passing the NMI Bar exam has been cited by some attorneys as one of the main reasons why the Office of the Attorney General has a revolving door of lawyers and why it keeps recruiting lawyers from the U.S. mainland, who then leave the islands soon after.

AMENDED MINIMUM BID VEHICLE FOR AUCTION

2017 KIA SPORTAGE LX FW SUV- SILVER COLOR

45,000 Miles. Excellent Condition.



For more information, please contact the Law Office of Robert T. Torres For Bank of Guam at Telephone Numbers (670) 234-7859 - (670) 234-5750.

Bids will be closed on

THURSDAY, September 1, 2022 AT 4:00 P.M.

The Bank reserves the right to reject any or all offers

The vehicle will be sold to the highest bidder "as is, where is" without any warranties - Amended Minimum bid is **\$10,000.00**

Payment must be by cash or cashier's check

Any bids submitted below \$10,000.00 will be rejected

All bids must be received by 4:00p.m

Inspection and a vehicle bid form can be obtained from Bank of Guam counsel's office at:

ROBERT TENORIO TORRES
Attorney at Law
Chalan Kiya
P.O. Box 500730 CK



GUAM & COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS WEBEX MEETING AUGUST 23, 2022

U.S. Department of Veteran Affairs Honolulu Regional Office - Public Contact Team

Will host a Virtual Benefits Workshop for Veterans, Family Members, Surviving Spouses, and Community Providers on

TUESDAY, AUGUST 23, 2022

From

4PM-6PM (GUAM & CNMI LOCAL TIME)

To participate please join us in Cisco Webex by clicking or copying and pasting the below links into your browser:

<https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=me7bb36ccc3914e5f2c279e7e4651f9a2>

You can join via Computer, Phone Audio (1-404-397-1596, 27612261024##), or Webex Mobile App. Meeting Password: TAuq2hDS*33

Benefits Workshop Topics:

Compensation, Service Connection, Pension, Homeless, COD, MST, Women Veterans, Education & Training, Veteran Readiness & Employment, Home Loan Guaranty, DIC, Survivors' Pension, & Burial and Plot Internment Allowance





COMMONWEALTH UTILITIES CORPORATION

OFFICE OF THE EXECUTIVE DIRECTOR



REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES

CUC-RAESP-22-030

Underground Power Distribution Systems to the Commonwealth Healthcare Corporation – Phase I

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed Architectural & Engineering (A&E) Services Proposal from qualified firms to design an underground power distribution system from the CUC Power Plant 1 Facility to the Commonwealth Healthcare Corporation (CHCC). When fully functioning, the infrastructure is designed to distribute uninterrupted power to the CHCC during tropical storms or typhoon events and following natural disasters such that the CNMI's only public owned healthcare facility is able to provide healthcare services to the CNMI's people. The RAESP project is the first step of a phase approach process in determining the cost benefits of constructing a dedicated underground power distribution system. The design of the infrastructure will convey the feasibility of this FEMA investment in delivering uninterrupted power to the CHCC during tropical storms or typhoon events and following natural disasters.

This project is funded by a grant from the Federal Emergency Management Agency (FEMA).

The RAESP package may be obtained via email between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$300.00 for one RFP package set. **To register for the RAESP, please contact Christie Sablan, CUC Purchasing Technician Senior via email address christie.sablan@cucgov.org.**

One (1) original and Five (5) hard copies of the Proposal; and One (1) original and Five (5) hard copies of the Cost Proposal must be submitted in a separately sealed envelope marked "CUC-RAESP-22-030, Underground Power Distribution Systems to the Commonwealth Healthcare Corporation" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on August 26, 2022**. Late submissions and conditional proposals will not be considered.

All Offerors are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract.

Discussions may be conducted with responsible proposers for the purpose of clarification and to ensure full understanding of, and responsiveness to solicitation requirements. Proposers shall be accorded fair and equal treatment. There shall be no disclosure of any information derived from proposals submitted by competing proposers.

All responses to this RAESP should take into account any and all taxes, including excise tax, which will become the obligation of the proposer awarded a contract.

This RAESP does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of proposals in anticipation of a contract. This request and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations. The contractor shall be required to comply with all CNMI and applicable Federal Laws.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 a.m. (ChST) on August 12, 2022** to Manny B. Sablan, CUC's Purchasing Administrator, via email address mannysablan@cucgov.org with a copy to Anne Crocket, CUC Power Division Chief Engineer via email address anne.crocket@cucgov.org and Christie Sablan, Purchasing Technician, Senior via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

CHCC certifies school staff in suicide intervention training



CONTRIBUTED PHOTO

Several Agape Christian School staff were recently certified in Applied Suicide Intervention Skills.

The Commonwealth Healthcare Corp.'s Community Guidance Center certified 10 individuals in Applied Suicide Intervention Skills Training on Aug. 3 and 4, 2022, on Saipan.

ASIST is an evidence-based suicide intervention training program that provides participants with the skills necessary to connect, understand, and assist persons who may have thoughts or are at risk for suicide.

The two-day workshop included staff members from Agape Christian School.

"This training is beneficial because it opens the door for people to take this opportunity to prevent the worst thing that could happen to their family, friends, neighbors, coworkers, or anyone they encounter," said Fritz Gerald J. Trinidad, Agape Christian School elementary teacher. "After going through this training, I find it important how we should use our words carefully and how we should immediately think of the safety of the people going through suicidal thoughts.

Just simply having someone there to care, to listen, and to respond properly can lessen the chances of losing someone."

Since 2018, CGC has certified 499 individuals in ASIST in the CNMI: 422 from Saipan and 77 from Rota. Plans to offer the training in Tinian are in progress.

Fred Fatialofa from CGC facilitated the workshop. For more information on ASIST, visit www.livingworks.net, or call the CNMI Suicide Prevention Program at (670) 664-LIVE (5483). (CHCC)



COMMONWEALTH UTILITIES CORPORATION

OFFICE OF THE EXECUTIVE DIRECTOR



INVITATION FOR BIDS

CUC-IFB-22-032

SAN ANTONIO WATERLINE REPLACEMENT PROJECT

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Construction of San Antonio Waterline Replacement in Saipan, Commonwealth of the Northern Mariana Islands.

The project consists, in general installation of a new main waterline and lateral service line; connection to the existing waterline; relocation of water meters from private property to right-of-way, installation of gate valve assembly, air release valves, fire hydrant assembly, flush hydrants; existing lateral service tap relocation; restoration of existing asphalt concrete road; and other related work. The work shall be done in accordance with the Project Plans and Specifications and without disruption to the daily operation of the water system.

This project is funded by a grant from the United States Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

CUC requires the Project to be completed in **365 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$200.00 (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by a Site Visit is scheduled on **August 25, 2022 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked "CUC-IFB-22-032, San Antonio Water Line Replacement Project", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on September 15, 2022**, at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement the form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A Bid Guarantee of fifteen (15%) percent of the total bid price must accompany the bids. The bid guarantee may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidder. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

All bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All questions or request for clarification regarding this project must be submitted in writing no later than **10:00 AM (ChST) on August 26, 2022** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email at mannysablan@cucgov.org with a copy to Ms. Alley Reyes, Project Engineer – via email at alley.reyes@cucgov.org and Ms. Marcela Tenorio, Procurement & Supply, Purchasing Technician Senior – via email at marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Commonwealth Utilities Corporation

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950

Tel: (670) 664-4282 • Fax: (670) 235-5131



Job Vacancy Announcement

Opening Date: August 18, 2022
Closing Date: UNTIL FILLED

JVA No. 22-091

POSITION TITLE:
DEPARTMENT:
LOCATION:
ANNUAL SALARY:
CONTRACT:
POSITION(S):

Deputy Director for Electric Power System
Executive Director
Saipan, Northern Marianas Islands, USA
\$100,000.00 - \$135,000.00 per annum, Exempt
Contracted
One (1)

The incumbent will be under the direct supervision of the Executive Director or his/her designee.

Duties:

- Assess and evaluate the condition of the operating and non-operating plant, including the engine and its auxiliary and ancillary equipment and systems.
- Assess and evaluate the operating and non-operating of the power transmission and distribution systems.
- Improve data collection and monitoring of plant operation and equipment condition with minimum investment, the funding of which will be arranged by CUC.
- Lead power generation in evaluation of required parts and consumable required for immediate, interim and long term needs, as per the corporation's goals.
- Prepare relevant maintenance and overhaul schedule, including Preventive Maintenance Program (PMP) of the power plant engines, their auxiliary systems and distribution facilities based on OEM recommendation and condition monitoring principles.
- Train and lead the plant staff in implementation and the supervision of such schedules and related activities.
- Improve and increase existing power generation capacity, reliability of power generation and generation efficiencies, thereby reducing avoidable loss.
- Minimizing equipment failures and downtime through structured planning and maximizing component life through effective Operation and Maintenance (O & M).
- Lead the CUC with the preparation of specifications and bidding documents for the power plants, as required by the generation and distribution management.
- Provide guidance, management support, and supervision in streamlining and expediting the procurement of parts for power generation.
- Lead in the evaluation and assessment of the plant O & M personnel, and lead them in the implementation of structured training programs for the lack of skill levels identified.
- Lead in improving skill sets and knowledge sets of the CUC staff through training, including hands-on and specific tailor-made programs.
- Performs other duties as assigned, necessary for the maintenance and improvement of electric power systems.

Minimum Requirements:

Education: Any combination of education and experience that has led to the acquisition of the knowledge, skills, and abilities as indicated above. Typical ways of acquiring these knowledge, skills, and abilities are: A bachelor's degree or diploma from a national institute of technology in an electrical engineering curriculum; and 10 years of engineering experience which included responsibility for diesel electric power plant management, project management, and maintenance of diesel electric power plant equipment.

Ability to: Plan, schedule, assign, review, and evaluate the work of others; coordinate the activities with those of the Power Generation Division and outside organizations; deal tactfully and effectively with others, both inside and outside the Corporation, including representing the Corporation with other organizations and agencies; make effective oral presentation; monitor new developments, legislation, and other agencies' activities that may affect the work.

Thorough Knowledge of: Diesel electric power plant. Engineering principles, methods, and practices as applied to planning, design, cost estimating, construction, installation, operation, inspection, and/or operation of a wide variety of electric power facilities including power generation, alternative/renewable energy, and engineering economics; the usual or standard sources of civil, electrical, and mechanical engineering information; construction materials; local building codes and structural design codes and reference sources; appropriate safety standards and related systems as specified by the position assigned.

P.O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950

Tel: (670) 664-4282 • Fax: (670) 235-5131

CUC is an Equal Opportunity Provider and Employer.

Working Knowledge of: Engineering principles and practices; practices, procedures, and terminology of the engineering, operational, planning and/or technical support functions supervised; Commonwealth and Federal regulations pertaining to the work; and effective management techniques.

General Knowledge of: Surveying and modern construction methods; Commonwealth laws relating to engineering, power supplies, fuel storage, and environmental impact assessments; principles and techniques of supervision.

Skills in: Interpreting and applying applicable laws, codes, regulations and standards (based on assignment); Providing customer services, Filing, organizing and maintaining records and files; Preparing basic reports, correspondence and documentation; Managing time and prioritizing requests; Providing attention to detail; Proofreading documents for accuracy; Identifying errors and making corrections; Reviewing and researching account information; Maintaining confidentiality of records and information; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with co-workers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction.

Licensing: Valid Driver's License with appropriate class.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday through Friday 7:30 am - 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950

Tel: (670) 664-4282 • Fax: (670) 235-5131

CUC is an Equal Opportunity Provider and Employer.

MCS welcomes students back for new school year

Mount Carmel School team welcomed its students back last Wednesday, Aug. 10, 2022, for the start of the 2022-2023 school year. The opening of the school year was led by the school's new president, Frances T. Taimanao, and acting principal Filmah Buenaflor.

The first week of classes prioritized students and their transition back to school. Students took part in various get-to-know-you activities as well as time spent learning about what to expect from their course work and the school's latest student policies. In line with the school's Catholic identity, the entire school community participated in its annual opening Mass, led by Fr. Ray Rosal.

As the CNMI remains at Community Level Green, Mount Carmel School shared the complete reinstatement of all student events and activities and the return to a five-day school week. Inspired by the impact of the COVID-19 pandemic, Mount Carmel School



Mount Carmel School students participate in an opening Mass at Mount Carmel Cathedral on the first day of classes for the 2022-2023 school year. The Mass included the traditional commissioning ceremony of its employees.

MCS

said it will dedicate Fridays to a health and wellness curriculum. Health and Wellness Fridays will be designed to teach students various personal skills not typically taught in the classroom such as coping with negative emotions, personal financial management, anti-cyberbullying, how to be an "Upstander," and how to be a leader.

"The last two years during this pandemic have been difficult for everyone and what we

noticed were changes in student behavior. Instead of assuming students will rebound easily because of student activities, our team is taking a progressive approach to dedicate one school day out of the week to teach various wellness skills and provide students with the time and space to lead on-campus student activities," Taimanao said.

Mount Carmel School's business manager, John S. Blanco, shared the ongoing facility projects that aim to support student learning such as the opening of the library, initial construction of the Sugar King Building, and other restoration projects affected by Super Typhoon Yutu.

"It's been an ongoing process, most notably by Priscilla Dela Cruz and the other members of the MCS Business Office team, who have been hard at work restoring the campus to what it was before Super Typhoon Yutu so we can continue to fulfill action items in our facilities master plan,"



Mount Carmel School students participate in various welcoming activities to kick off the 2022-2023 school year.

MCS



Mount Carmel School's third graders loved participating in the Student Council's "Welcome Back to School" photo booths.

MCS



U Angel Boys gave a special performance for the Mount Carmel School student body during the first week of classes.

MCS

More is to come, and we are eager to finish these projects for our school community."

Mount Carmel School currently has 537 students enrolled for this academic year.

While applications are still accepted, slots are limited for certain grade levels.

For more information, visit www.mountcarmelsaipan.com. (MCS)



During the first week of classes, Mount Carmel School students enjoyed a special performance by the Korea Junior Big Band, U Angel Boys, and by the distinguished traditional Korean performer Kim Gaehee at the Mount Carmel Cathedral.

MCS

COMMONWEALTH PORTS AUTHORITY(CPA) CNMI GOVERNMENT



Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500 • Fax: (670) 234-5962
Website: www.cnmiports.com

AMENDED NOTICE TO BIDDERS

COMMONWEALTH PORTS AUTHORITY (CPA) is inviting qualified contractors to submit bid proposals and their qualifications for the **FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT COMMUTER TERMINAL BUILDING CONSTRUCTION, PROJECT NO. CPA-SA-007-19**, for the island of Saipan, Commonwealth of the Northern Mariana Islands.

Bidders are to submit one original and two copies of their bid which shall be sealed in an envelope and marked on the cover package outside as follows: **Francisco C. Ada/Saipan International Airport Commuter Terminal Building Construction, Project No. CPA-SA-007-19** and submitted no later than **2:00 P.M. (CHST), Friday, SEPTEMBER 16, 2022**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport, at which time and place the sealed proposals will be publicly opened and read. Bidders are requested to minimize their company's attendees to ensure social distancing.

The Project, in general, consists of, but is not limited to, construction of a new commuter terminal facility with four (4) airline offices and counter space, restaurant vendor space, restrooms for departure and arrivals, lactating room, office space/counter for U.S. Customs and Border Protection including all associated work, all in accordance with the Plans and Specifications. In addition, the contractor is provided an allowance for artwork to be provided at the new commuter terminal. The artwork will be locally themed including, but not limited to, painting, murals, or as determined and coordinated with CPA.

The Project is being financed by funds by the Commonwealth Ports Authority. The contract award, if it is to be made, will be made within one hundred twenty (120) calendar days from the receipt of bids. CPA reserves the right to hold such bids in effect for one hundred eighty (180) calendar days from the date of bid opening.

A DVD containing the Contract Documents including plans, specifications and the bid schedule, may be obtained at the CPA Accounting Office, 2nd floor of the Departure Terminal at the Francisco C. Ada/Saipan International Airport, upon the payment of **THREE HUNDRED U.S. DOLLARS (\$300.00)** for each set of plans and documents in electronic form (DVD). The payment is nonrefundable unless bids are canceled. Payment shall be made in cash, credit card, cashier's check or U.S. postal money order payable to the Commonwealth Ports Authority. Bidders should notify CPA's point of contact mentioned below immediately if there are issues retrieving the files on the DVD and are to verify all information using the specification table of contents and the index of drawings.

A pre-bid conference will be held at the Francisco C. Ada/Saipan International Airport, at **10:00 A.M. (CHST), FRIDAY, AUGUST 12, 2022**, at the CPA Saipan Airport Conference Room to explain and clarify any questions regarding this project. Attendance is not mandatory. A site visit will follow the pre-bid conference. For site visits after the pre-bid conference, bidders are to coordinate with Mr. Edward B. Mendiola, CPA's Deputy Director at edmendiola@cnmiports.com or telephone number (670) 237-6500.

Questions should be submitted in writing to the CPA Executive Director's Office, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport or emailed to Ms. Wendi L. Prater, Executive Assistant/Project Manager at wprater@cnmiports.com at least ten (10) days prior to the bid opening date; with the exception of bid opening extension requests which have no deadline. Responses to all questions and requests for information will be provided to all bidders who picked up a DVD or attended the pre-bid conference.

Bidders shall use the bid schedule form furnished by the Commonwealth Ports Authority on the DVD. Each bidder must also supply all supplemental information required in the specifications.

The contract period for construction of the project in its entirety shall be **FIVE HUNDRED FORTY (540) calendar days**. Liquidated damages in the amount of **ONE THOUSAND (\$1,000.00) Dollars** shall be assessed the Contractor for each calendar day that the completion of the Project is delayed beyond beyond the contract completion date without approved excuse.

The apparent low bidder will be subject to a thorough and comprehensive review of its qualifications and Bid Documents to ensure that they are "responsive and responsible." This review will include, but is not necessarily limited to previous project experience, financial capabilities, quality of equipment and personnel, and bonding and insurance. If the apparent low bidder is found not to be "responsive or responsible", their bid will be rejected and the next lowest bidder will be evaluated for qualifications.

The Commonwealth Ports Authority reserves the right to reject any or all bid proposals submitted for: (a) any of the reasons set forth in this Notice to Bidders; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; (c) any calculation error made in the bid schedule or misserter of the quantity of line item; or (d) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said bids if in its sole opinion to do so would be in CPA's best interest.

Each bid shall be accompanied by either a bid bond by a U.S. Treasury listed or CPA approved surety company, a certified check, or a cashier's check in the amount not less than ten percent (10%) of the bid price. Checks shall be made payable to the Commonwealth Ports Authority.

All mechanics and laborers for this procurement project shall be paid no less than the minimum wage rate established by the CNMI or the U.S. Secretary of Labor, whichever is higher. A copy of the Department of the Federal Labor Wage Rate Determination is included in Section GP 70-28 of the specifications. The bidder shall take into account minimum wage increases that may be imposed in the CNMI over the life of the Contract and include associated costs in the bid proposal. The EEO requirements, labor provisions, and wage rates are included in the specifications.

The Commonwealth Ports Authority, in accordance with the provisions of Title VII of the Civil Rights Act of 1964 (78 Stat. 252, 42 USC §§ 2000d to 2000d-4) and the Regulations, hereby notifies all bidders or offerors that it will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

The United States Secretary of Transportation has granted the Commonwealth of the Northern Mariana Islands an exemption from the requirements of the Department of Transportation's Minority Business Enterprise (MBE) regulation, which later became the Department of Transportation's Disadvantaged Business Enterprise program, as it relates to FAA grant programs. The Secretary of Transportation has not determined that a portion of those requirements should be reinstated.

By submitting a bid/proposal under this solicitation, the bidder or offeror certifies that neither it nor its principals are presently debarred or suspended by any Federal department or agency from participation in this transaction.

In addition to the above, all bidders shall comply with all other Federal requirements under this procurement, including but not limited to Buy American Preference, Foreign Trade Restriction, Davis Bacon, Veteran's Preference, Affirmative Action and Government wide Debarment and Suspension and Governmentwide Requirements for Drug-free Workplace. Further details on all Federal requirements are provided in the specifications.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date: August 17, 2022

/s/
Clerk of Court

Opinion

Saipan Tribune

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Pacific Islands News Association

EDITORIAL

With normal comments, Pence highlights how abnormal his party has become

There was a time, not that long ago, when it wouldn't have been major news for a top Republican to say the party should respect law enforcement and cooperate with a congressional investigation. In that sense, the buzz over former Vice President Mike Pence's defense this week of the FBI, and his suggestion he might be willing to testify before the House committee investigating the Jan. 6, 2021, assault on the Capitol, illustrates just how radical and lawless too many other Republicans have become in the Trump era.

It is only in this party, in these frenzied times, that such a bare-minimum acknowledgment of political norms would merit comment, let alone kudos. But, under the circumstances, it does.

In a speech in New Hampshire, Pence broke with the feverish rhetoric of those in his party who are trashing FBI agents involved in the search of former President Donald Trump's Florida residence. Armed with a court order, the agents were seeking classified documents that Trump took from the White House and was refusing to give back, even after months of negotiations and a subpoena.

On the very night of the search, before any facts were known, Missouri Attorney General Eric Schmitt, the state's GOP Senate nominee, recklessly vowed to "take a wrecking ball" to the Justice Department. Congressional firebrands like Rep. Marjorie Taylor Greene, R-Ga., in their zeal to side with Trump no matter what laws he may have broken, called for "defunding" the FBI—having apparently forgotten how that word came back to bite hard-left Democrats who used it in reference to local police forces. Rep. Paul Gosar, R-Ariz., said the party should "destroy" the agency.

In the face of all this, Pence's milquetoast comments in New Hampshire sounded almost radically responsible. He criticized Attorney General Merrick Garland and demanded "transparency" from the Justice Department (not an unreasonable demand in any context involving government), but added: "Our party stands with the men and women who stand on the thin blue line at the federal and state and local level, and these attacks on the F.B.I. must stop. Calls to defund the F.B.I. are just as wrong as calls to defund the police." He asserted that the GOP is still "the party of law and order"—which may be wishful thinking in the Trump era, but was refreshing to hear anyway.

Separately, Pence was quoted saying he "would consider" testifying before the Jan. 6 committee, if asked. This, too, was a once-normal comment that sounded radical in the context of Trump's GOP, under which ignoring congressional inquiries and even subpoenas has become standard practice. That Pence would come off as almost rebellious by merely talking like a normal Republican highlights just how abnormal his party has become.

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The Putinization of President Xi

In this broiling summer, when we are shaken by threats that could shatter our most globally revered national monument—America's cherished democracy—a menacing development suddenly occurred half-a-world away.

We glanced at it. Then we forgot about it amid the nonstop news gush about our domestic disarray. But attention must be paid. Because this could be how the next world war starts, on the other side of the planet, while we are calling each other names here at home.

The slow, but persistent Putinization of China's President Xi Jinping has suddenly shifted into top gear. We watched the start of it, two weeks ago, when U.S. House Speaker Nancy Pelosi landed in Taiwan.

Pelosi went there despite the unusual, very public show of warnings from President Xi, who decided he just couldn't put up with the prominent House speaker visiting Taiwan, which China and the U.S. agreed in the 1970s is a part of China, just governed by separate systems. For decades, prominent U.S. senators and representatives had routinely visited Taiwan. But suddenly, Xi insisted the House speaker was too high-ranking to come. And Pelosi was just as determined to come anyway—and especially she wasn't about to let China's president dictate a U.S. House speaker's travel limits.

A day after Pelosi left, Xi retaliated angrily by launching a showy series of excessive military sea and air exercises over several days—as if to demonstrate that he has the power and the will to surround the island of Taiwan. China's Defense Ministry issued a statement calling the United States the "true agitator and breaker of peace and stability in the Taiwan Strait." All because the U.S. House speaker came to Taiwan, just as U.S. Senate Foreign Relations Committee Chair Robert Menendez, D-N.J., had earlier this year when he led a routine congressional delegation there. That visit caused no eruptions or protests by Xi's government.

But this week, another five-member U.S. congressional delegation, led by Sen. Edward Markey, D-Mass., landed in Taiwan—and Xi's government announced a new round of military drills around the island. Beijing's Taiwan Affairs Office issued a warning that if Taiwan's leaders "failed to restrain themselves," there would be undescribed consequences. But all that was played way down in the world's news feeds and on the inside pages of those who read their news on dead trees.

This was precisely the sort of military overreaction that we have been concerned about even when Russia's President Vladimir Putin was mobilizing his troops at Ukraine's border for what clearly seemed was an imminent invasion. Early last December, I wrote a column expressing concern that after Putin carried out

By MARTIN SCHRAM
Tribune News Service

Martin Schram, an op-ed columnist for Tribune News Service, is a veteran Washington journalist, author and TV documentary executive. Readers may send him email at martin.schram@gmail.com.



his imminent invasion of Ukraine, Xi might be emboldened by Putin's aggression to take new assertive military actions in his own region. And such aggression, I cautioned, could damage Xi's long-term quest to make China country the undisputed leader of the global economy. "China's President Xi Jinping can learn a lot from his next-door neighbor, Russia's President Vladimir Putin," I wrote. "Not about what to do, but about what not to do."

I noted that Putin would end up damaging his reputation forever by invading Ukraine. And if Xi intends to bully and eventually invade Taiwan, he will tarnish forever the "Made in China" label and China will never be the global economy's leader.

Fast-forward back to today: We are at the point when we must understand why the leaders are acting so assertively. Xi's motives seem transparent: China's economy has slowed significantly; it will miss its 5.5% growth target for this year. Factories are shutting down due to electricity rationing forced by stifling heat waves. Low birthrates and stagnant population growth have led Xi's government to discourage abortions. All this is happening on the eve of his country's October and November congress that is supposed to make him China's president for life.

Xi has picked the worst time to escalate his reputation as the region's No. 1 bully.

EPILOGUE: While reasons for Xi's aggressiveness are easily documented, it's hard to find documented proof why Pelosi was so determined to go to Taiwan—now. And while I don't have written proof or sources who know for sure, I think I get it. I first met Pelosi decades ago, in her San Francisco living room. She was California's Democratic Party chair, hosting a fundraiser for a presidential hopeful. San Francisco is rich with prominent Taiwanese Americans (did she promise anyone she'd visit Taipei?). Back in 2018, Pelosi said 2022 would be her last year as Democratic House leader. Now, Pelosi understandably won't say if she'd quit after this year's elections. But I'm convinced visiting Taiwan was near the top of her bucket list. So, if not now, when?

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Coast Guard and why we should learn more about this organization

The Coast Guard, as many Pacific Islanders already know, is an organization that has worldwide missions that include performing substantial work throughout our ancient Mariana Islands and beyond. The Coast Guard is growing but its overall resource base lags behind the increasing demand for this organization to successfully carry out all its assigned tasks. The Coast Guard, for those unaware, is part of the U.S. Department of Homeland Security and not the Department of Defense and the housing of this organization within Homeland Security has tremendous financial ramifications from a public purse perspective.

What the Coast Guard does that relates to Chamorro Pacific Islanders and Micronesians

The Coast Guard does some great work to help mitigate illegal fishing. Illegal fishing, undertaken by several countries to include China, have massive amounts of vessels that are overfishing our oceans.

The Chinese remain a major problem throughout our Deep Blue continent because they operate close to 20,000 vessels that can routinely congregate and disburse in ways that fully exploit the exclusive economic zones of many Pacific Island nations. Pacific Islanders are thus incentivized to care about aggregate dollar losses to our Deep Blue continent economies, estimated to be upwards of \$40 billion per year. The Chinese do what they do because they have massive domestic demand for fish.

But note that the Coast Guard has "rider" agreements in place with a variety of Pacific Island nations, which allow Pacific Island nation officials the chance to board U.S. Coast Guard ships to help patrol each island nation's exclusive economic zone. These partnerships have been mutually effective and beneficial so far and span across both the Northern and Southern Pacific Ocean areas.

We may have opportunities to help redefine what it means to partner with the U.S. government, via Coast Guard cooperation

As Chamorro Pacific Islanders there are many spaces where we

might be able to work with the Coast Guard in ways that have never been done before. There may be areas for the Coast Guard to train in tandem with segments of our Chamorro Pacific Islander population to deal with illegal fishing more effectively. There may be opportunities with the Coast Guard to also become involved with maritime security and law enforcement. There may be opportunities to further support Coast Guard vessels that come in the form of contracting or subcontracting arrangements.

Some additional possible ways to partner with the Coast Guard

The Coast Guard's global mission is ambitious, but the organization doesn't have all the money or the proper manpower to fully execute all its missions. This situation lends itself to perhaps giving our Chamorro people the incentive to look for new opportunities to come up with some creative ways to partner with the Coast Guard because of our relative proximity to East Asia.

Why? Because the Coast Guard needs ways to improve its logistical support apparatus close to Asia and because it needs to find methods to further improve its low-end forward presence throughout the Marianas, the Western Pacific, and Micronesia.

Our people might be able to partner with the Coast Guard to come up with approaches to more effectively provide both logistical and auxiliary support for the large ships used to protect our Mariana Islands chain and vast areas of the Pacific Ocean. Unlike the Navy, which has substantial supply and logistical tails in place, the Coast Guard's medium- and large-sized vessels don't necessarily have the extensive support apparatus required to keep these ships out at sea for periods that may be unusually extended or long.

Perhaps the NMI or the government of Guam could look into how we can work with the Coast Guard to further improve not only logistics, but minor or major recurring and nonrecurring ship repairs, and troubleshoot or secure both new and older legacy technology components and hardware to keep key Coast Guard capital ships running.

On shore, there may be ways to further assist the Coast Guard

RICK'S COLUMN

By RICK ARRIOLA PEREZ

Special to the *Saipan Tribune*



Rick Arriola Perez is a U.S. military veteran who has worked for the U.S. Department of Defense, the Bank of Hawaii, and the government of Guam. He holds several degrees including ones from University of California Los Angeles and the U.S. Naval War College in Newport, R.I. Rick is passionate about national security and foreign affairs in the Pacific Asia region and runs a blogsite called Guam Affairs at guamaffairs.substack.com. For more information, contact Perez at rickp7839@gmail.com.

by entering into formalized arrangements that enable the Coast Guard to better and more effectively manage childcare requirements for kids of active-duty personnel. The Coast Guard is in the business of saving lives, saving boaters, helping to stop illegal fishing, and stem the flows of illegal and very dangerous drugs. These kinds of activities are most needed especially throughout our ancient Mariana Islands chain home.

Let's recall that China has hundreds of paramilitary-type ships that are well practiced and very good at exercising coercive tactics and maneuvers to dissuade other nations' ships from engaging in persistent freedom-of-navigation operations.

The Coast Guard may find that it is better served over the long term by taking a series of calculated risks to further develop greater trust and new cooperative partnerships with our Chamorro people of the Mariana Islands because the Coast Guard needs to grow its overall logistical resource base, further develop its ability to respond to a variety contingencies throughout our Deep Blue Ocean continent, and thus sustain and more effectively carry out its stated strategic intent as an American global maritime organization.

Almost 17, a girl has a lot of dreams. Being forced to give birth isn't one of them

To protect her privacy, her name in court records is Jane Doe 22-B.

But what's supposed to shelter this 16-year-old pregnant girl, in reality, silences and dehumanizes Jane, a victim of Florida's partisan abortion wars.

Her case has garnered headlines recently, yet she has no public voice, no say about any of what's happening to her outside of conversations with those in charge of her life. And she has no power, it seems, to sway the justice system either.

People are judging her, making decisions for her, yet she cannot tell us her own, full story.

She's only Jane Doe 22-B, the first case we hear about in the aftermath of a bitter legislative session where the rights of many Floridians, women among them, were curtailed. But she's most likely not the first nor the only one in her predicament.

Her guardian, the state of Florida, will only release some facts: She's parentless, has been through trauma, lives with a relative—and is 10 weeks pregnant.

Although the adult relative supports Jane's wish to get an abortion, an Escambia County judge has ruled that she lacks the maturity to be allowed to terminate the pregnancy.

What sequence of logic could possibly lead Judge Jennifer J. Frydrychowicz to reason that Jane would be any more mature in becoming a parent?

By denying Jane permission to get an abortion, the judge is sentencing a teenager to giving birth. There's no other alternative.

The fact that Frydrychowicz left open the possibility of revisiting her decision leaves hope on the table. But it could become a moot point. If she doesn't reverse herself soon, Florida's ban on abortion after 15 weeks kicks in.

Teen pregnancy a health risk

All of this condemns Jane to further trauma—and puts her life at risk.

Complications during pregnancy and childbirth are the lead-

ing causes of death for girls 15-19 years old worldwide, according to the World Health Organization.

I've given birth three times as an adult with a supportive husband and family all around me. I don't have to speculate. I can easily imagine how much more traumatic the experience would be for a teenager. The physical trauma and the pain, the sheer horror at times, that women endure to become mothers should not be something girls do.

Add the psychological trauma of giving birth after being forced to carry an unwanted pregnancy by a court order. A fate dictated by a pack of legislators carving political careers out of catering to the point of view of one conservative religious base.

Have people become so enamored of their politicians that they can't put themselves in Jane's shoes?

A girl with dreams

Jane is a girl, not a woman in command of her life with the tools and support to become a mother.

A girl her age has a lot of dreams—big ones that may seem beyond her reach but nurse her soul, and small ones that adults too often set for girls. Being forced by the government to give birth, however—when a timely abortion is possible—isn't among them.

We know this because Jane asked Frydrychowicz to allow her to have an abortion. The judge's rejection has made her case public. Had she said yes, we might have never heard about Jane's predicament and what it could mean for other girls.

Referendum on abortion rights

Her case is now a referendum, not only on a previous legislative session's abortion law mandating that minors get parental or court permission to get an abortion, but also a test of how cruel state authorities are willing to be to enforce this year's 15-week restriction on a woman's right to choose.

Part of the problem with the debate over abortion rights is that we don't often get to know the girls and women affected by laws passed mostly by men.

By FABIOLA SANTIAGO

Miami Herald



Fabiola Santiago is a columnist for the Miami Herald.

But think of the extremes to which parents go when teenage boys get in trouble. They hire the best lawyer, bail them out of jail, etc., but their bodies being violated isn't part of the resolution. Certainly, no one orders vasectomies for men or boys who impregnate.

But for a girl, a mistake, a rape, a spiked drink means a life sentence before she has seen a judge—and now, afterward, too. Because even the sympathetic ones will have their hands tied in states like Florida.

Jane 22-B isn't just a pseudonym on a court docket.

She has a face, that of a 14-year-old cousin from long ago.

Her strict parents sent her to an all-girls Catholic School in Miami to keep her away from boys. Still, she fell in love, ran away from school when the guard wasn't looking and jumped in her boyfriend's car. By the time they ran out of gas headed to Tampa, she was already pregnant.

Her parents forced her to give birth, but they couldn't force her to love the baby.

She ran away from home, from them and the fate they had chosen for her, leaving the adults to raise her unloved child.

For this family, forever broken and estranged, the wounds of a forced pregnancy and childbirth have never healed.

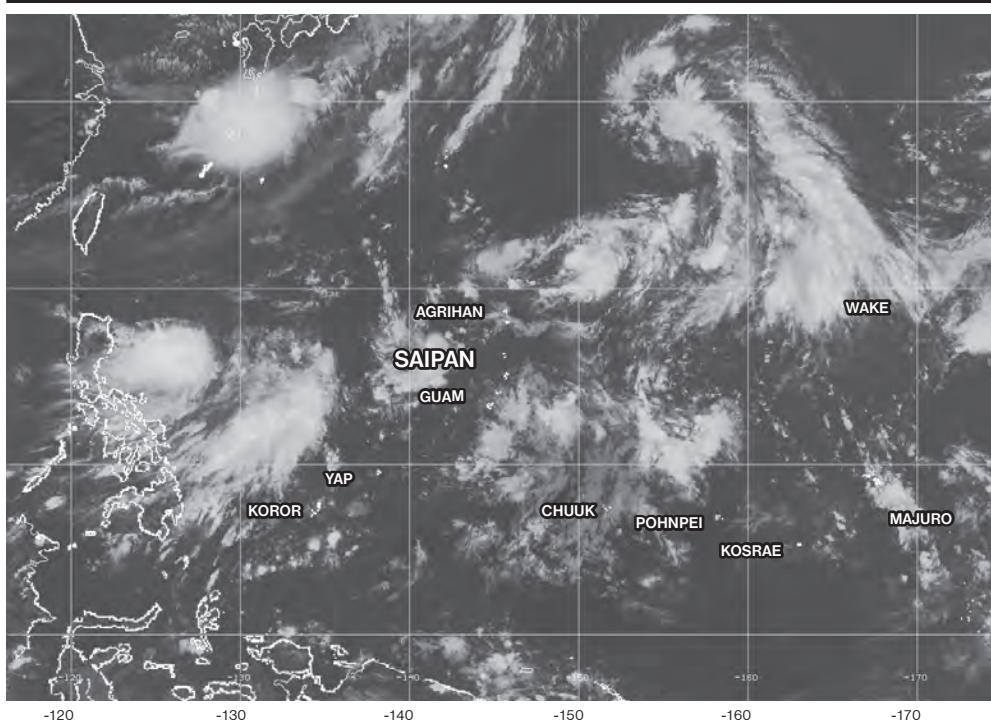
But for Jane Doe 22-B, perhaps, there's still a sliver of time to deliver a better fate: the freedom to choose.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scattered showers and thunderstorms. Mostly cloudy	Showers likely and possibly a thunderstorm. Cloudy	Mostly sunny	A chance of showers. Partly sunny	A chance of showers. Partly sunny
87°	77°	87°	77°	89°
78°	78°	77°	88°	77°
88°	88°	89°	77°	88°
77°	77°	89°	78°	77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:45 AM, SUNDAY, AUGUST 21, 2022

Western North Pacific between equator and 25N from 130E to 180.

Guam Doppler weather radar shows isolated showers moving through the Marianas Waters with scattered showers lying just east of the marine zones. The buoys reveal combined seas of 2 to 4 feet composed mainly of east-northeast trade-wind swell.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲	▼	°F
Guam and Rota	Thunderstorms	84°	/	77°
Palau	Partly Cloudy	85°	/	76°
Yap	Partly Cloudy	85°	/	78°
Chuuk	Partly Cloudy	87°	/	80°
Pohnpei	Thunderstorms	87°	/	76°
Kosrae	Thunderstorms	84°	/	78°
Majuro	Thunderstorms	83°	/	79°

DAY	SUNRISE	SUNSET
Today	6:03 AM	6:36 PM
Tuesday	6:03 AM	6:35 PM
Wednesday	6:03 AM	6:35 PM
Thursday	6:03 AM	6:34 PM
Friday	6:03 AM	6:33 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	1:26 AM	2:56 PM	-
Tuesday	2:16 AM	3:46 PM	-
Wednesday	3:08 AM	4:35 PM	-
Thursday	4:00 AM	5:20 PM	-
Friday	4:53 AM	6:02 PM	-

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website: www.saipantribune.com.

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AROUND THE GLOBE

		▲	▼	°F
Auckland	Showers	61°	/	52°
Beijing	Mostly Sunny	91°	/	66°
Hong Kong	Partly Cloudy	89°	/	82°
Honolulu	Sunny	87°	/	75°
London	Rain	74°	/	62°
Los Angeles	Partly Cloudy	81°	/	63°
Manila	Thunderstorms	87°	/	78°
Melbourne	Rain	61°	/	41°
Miami	Partly Cloudy	89°	/	82°
New York	Cloudy	83°	/	73°
Osaka	Rain	93°	/	80°
Paris	Partly Cloudy	81°	/	66°
Busan	Partly Cloudy	84°	/	77°
Rome	Thunderstorms	89°	/	67°
Salem	Thunderstorms	86°	/	71°
San Francisco	Cloudy	67°	/	55°
Seoul	Showers	85°	/	73°
Tokyo	Mostly Cloudy	85°	/	77°
Washington, DC	Cloudy	84°	/	71°

TIDES: SAIPAN HARBOR TODAY FEET

2:30 AM	High Tide	1.65
10:29 AM	Low Tide	0.23
6:15 PM	High Tide	1.72
11:19 PM	Low Tide	1.37

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ADVERTISING For inquiries contact (670) 235-2769. E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF AUGUST 1, 2022

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:50AM	10:30AM	Daily	UA174	8:00AM	8:45AM	Daily
UA156	6:30PM	7:15PM	6	UA112	4:40PM	5:30PM	6
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
PR 111	6:00AM	8:00AM	Daily	PR110	10:00PM	4:00AM+1	Daily
UA193	7:05PM	10:55PM	5 via Palau	UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA183	7:10PM	9:10PM	Daily	UA192	10:25PM	6:15AM+1	5 via Palau
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	9:50AM	9:10PM	Daily via Guam	UA184/174	10:25PM	8:45AM+1	1, 2, 3, 4, 6, 7 via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau	UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
UA184/174	11:50PM	8:45AM+1	5 via Guam	UA184/174	11:50PM	8:45AM+1	5 via Guam
SAIPAN-INCHEON (ICN)				INCHEON (ICN)-SAIPAN			
TW9308	3:30PM	7:20PM	Daily	7C3406	8:30AM	2:10PM	6
7C3405	3:30PM	7:25PM	6	7C3406	8:50AM	2:50PM	1, 2, 3, 4, 5, 7
7C3405	3:50PM	7:45PM	1, 2, 3, 4, 5, 7	OZ623	9:00AM	2:30PM	3, 6
OZ624	4:00PM	7:40PM	3, 6	TW9307	9:15AM	2:30PM	Daily
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451	3:00PM	6:20PM	3, 7	7C3452	9:00AM	2:00PM	3, 7
BX621	3:10PM	6:30PM	3, 7	BX622	8:00AM	1:10PM	3, 7
LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)							
MARIANAS SOUTHERN AIRWAYS							
INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022							
SAIPAN TO TINIAN				TINIAN TO SAIPAN			
DEPARTS	ARRIVES	FREQUENCY		DEPARTS	ARRIVES	FREQUENCY	
7:00 A.M.	7:15 A.M.	(Except Sundays)		7:35 A.M.	7:50 A.M.	(Except Sundays)	
9:50 A.M.	10:05 A.M.			10:25 A.M.	10:40 A.M.		
4:00 P.M.	4:15 P.M.	(Except Saturdays)		4:35 P.M.	4:50 P.M.	(Except Saturdays)	
SAIPAN TO ROTA				ROTA TO SAIPAN			
DEPARTS	ARRIVES	FREQUENCY		DEPARTS			

M2 Fitness to host two actors and dancers from the Philippines

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

In celebration of M2 Fitness' second anniversary, two Filipino dancer/actors, Wowie De Guzman and Joshua Zamora, will be leading the M2 Zumba group during their Zumba routine at the Saipan's World Resort's Royal Taga Ballroom in Susupe on Aug. 27.

De Guzman and Zamora will arrive in the CNMI on Aug. 26, 2022, and the *Zumba Craze Party* will be held the next day and will start at 6pm. It is expected to be attended by Zumba groups and enthusiasts from all over the CNMI, including several groups from Tinian and Rota. General admission tickets are \$35 and door general admission is \$50. VIP tickets are \$50 with door VIP tickets at \$65. Proceeds will benefit the NMI Museum and the TSL Foundation.

In an interview with M2 Fitness president and Zumba Fitness coach Mary-Grace Bautista, she said the two visitors were actually scheduled to come to Saipan last year for M2 Fitness' first anniversary, but were unable to make the journey because of COVID-19 travel restrictions. This year, the duo will be leading the Zumba Craze Party live.

The event's theme, "Taking it to the Strongest Level," almost describes the journey of M2 Fitness' itself, which is a non-profit organization. Bautista noted that, in the beginning, she had not thought about creating an organization, but just wanted to get healthy. She asked her friend, licensed fitness coach Mishael



File photo shows the M2 Fitness group were seen performing during the Pride at the Park this year in the NMI Museum grounds.

"Mita" Pelicano, to be her workout buddy, and the two began working out with several friends, and family members. Taking its baby steps at the height of the pandemic, the group would meet at certain beach pavilions to exercise together. A couple of months later, an opportunity opened for M2 when the TSL Foundation allowed the group to use their indoor gym, and even promoted the program among some of their employees. M2 Fitness' first session saw 20 participants and steadily grew to 120+ participants by the end of the year. Now, as they celebrate their second year, Bautista said the fitness group currently has over 200 participants from different cultures, all joined together in support of each other. Bautista said that M2 Fitness does not charge any individual to participate in the daily workouts, but sees itself as a health

and fitness group centered on serving the community. She noted that she and the board members would actually pay needed business, health, and workout licenses out of their own pockets, and would also function off of donations from patrons, but they never charged participants. Bautista said their fitness program is more like a support group, fu-

eled more by passion, the support of friends, and the team.

Aside from Bautista, M2 Fitness' board members are Pelicano who is the vice president of M2 Fitness and its Strong HIIT coach; Karen Tan, serving as M2 Fitness' secretary; Fea La Torre, public relations officer; Filamer Reyes, the organization's treasurer; Fe Salas, auditor; Dana-

faye Salas, assistant secretary, and Denzel Salas.

Bautista said that she looks forward to many more years of serving the community through M2 Fitness, and that hopefully one day the group will have its own studio for workouts. Along with workouts, the M2 Fitness team also provides additional healthy diet plans for individuals interested, and has seen many great results.

The upcoming Zumba Craze Party at the Saipan World Resort will be a "Zumba marathon" of sorts, with the actors taking turns in leading

the many diverse teams that will be present. The Rotary Club of Saipan and the Saipan Marianas Lions Club also donated \$1,500 toward the M2 Fitness event; with Rotary Club donating \$1,000, and the Saipan Marianas Lion's Club donating \$500.

The Zumba Craze Party is set to begin at 6pm on Aug. 27, 2022; but tickets are available for pre-purchase. You can contact M2 Fitness at M2fitnesszm@gmail.com or check out their Facebook page facebook.com/M2FitnessStrong-ZumbaMovers.



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REQUEST FOR PROPOSALS

JANITORIAL SERVICES AT THE FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT & COMMUTER TERMINAL PROJECT NO. CPA-RFP-011-22

Notice is hereby given that the Commonwealth Ports Authority (the "CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for awarding a contract to provide janitorial services. The Executive Director hereby determines that the use of an invitation for bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and/or products that cannot be evaluated by cost alone (NMIAC §40-50-225 (a)). The Scope of Work and other considerations will be available for pick up beginning **August 22, 2022**, upon payment of \$100.00 in cash, cashier's check or certified check to the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport.

Proposals will be received at the Office of the Executive Director, Commonwealth Ports Authority, 2nd Floor-Arrival Building, Saipan International Airport no later than **4:00 P.M. LOCAL TIME, SEPTEMBER 21, 2022**. Proposals received after the date/time indicated above will not be opened and will be returned to the Proposer.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest. All proposals shall become property of the Commonwealth Ports Authority

CHRISTOPHER S. TENORIO
Executive Director

Date: August 18, 2022

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INVITATION TO BID
ITB22-GOV/OPD-42200142

CNMI PROCUREMENT OFFICE RENOVATION
SUBMISSION DATE: 10:00 AM ChST SEPTEMBER 14, 2022

Governor Ralph DLG. Torres, through the Capital Improvement Program (CIP) is soliciting sealed bids for the CNMI Procurement Office Renovation in Capitol Hill, Saipan, Commonwealth of the Northern Mariana Islands (CNMI). This project will be funded by the 702 Covenant funding under the U.S. Department of Interior, Office of Insular Affairs.

The project package will be available in digital format only on **August 15, 2022** at the Capital Improvement Program Office, Office of the Governor, Juan A. Sablan Administration Building in Capitol Hill, Saipan, during regular working hours.

A Pre-Bid Conference will be held at the project site located in Capitol Hill, Saipan, CNMI at **10:00 AM ChST August 30, 2022**. Proposers may request to participate via phone call or virtually five (5) days prior to the meeting scheduled. All attendees are required to use a face mask and exercise social distancing throughout the duration of the meeting.

Questions regarding this ITB may be submitted via email to Ms. Sunny Aldan at sunny.aldan@gov.mp no later than **4:30 PM ChST September 6, 2022**. All Questions & Answers will be shared with all prospective bidders.

Bidders located outside of the CNMI must fill out and submit the Notice of Intent to Bid Form to the Director of Procurement Services no later than **10:00 AM ChST, September 14, 2022**.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS, AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/s/ Ralph DLG. Torres
Governor, CNMI

/s/ Francisco C. Aguon, Acting Director
CNMI Procurement & Supply

NORTHERN MARIANAS HOUSING CORPORATION

JOB VACANCY ANNOUNCEMENT

OPENING DATE: August 22, 2022 CLOSING DATE: September 06, 2022 TIME: 4:00 P.M.

NMHC JVA NO.	Positions:	Salary:
2022-025	1- Accounting Clerk	\$19,294.00- \$21,278.40 -per annum

Employment application form, detailed job description, qualification requirements and other information may be accessed at www.nmhccgov.net.

Applicants may submit their applications through the following options: Submission at the NMHC Central Office in Garapan, Saipan; or at the Drop Box located in front of the NMHC Central Office building; or email application and documents to officemanager@nmhccgov.net.

All applicants must complete and submit the NMHC Employment Application Form together with required documents that are listed in the Employment Application Package. Failure to provide the required documents will result in automatic disqualification. NMHC and all its properties are drug-free zones; therefore, selected applicant will be subject to pre-employment drug screening.

It is the policy of the Northern Marianas Housing Corporation (NMHC) that the merit system will be applied and administered according to the principle of equal opportunity for all citizens and nationals as defined by its personnel regulations and the Northern Marianas Commonwealth Constitution regardless of age, race, sex, religion, political affiliation or belief, marital status, disability or place of origin.

For inquiries, please contact Mr. Jacob Muna, Office Manager, at (670) 234-6866/9447 or by email to officemanager@nmhccgov.net. NMHC is a fair housing agency and an equal opportunity provider, lender and employer.

/s/
JESSE S. PALACIOS
Corporate Director

Micronesian weaving traditions documented for Library of Congress

By NANCY GROCE
FOR HABELE FOUNDATION

In spring 2022, the Habele Outer Island Education Fund in the Federated States of Micronesia was one of 10 projects chosen to receive a highly-competitive Community Collections Grant from the American Folklife Center through the Library's Of the People: Widening the Path initiative. Funded by the Mellon Foundation, the grant program serves to support individuals and organizations throughout the U.S. and territories to document their communities' contemporary culture and cultural activities. The resulting documentation—in the form of recorded interviews, photographs, videos, and musical recordings, etc.—will be added to the AFC's archives to enrich and expand the historical and cultural record.

This post highlights the important fieldwork undertaken by Habele's lead researchers, Modesta Yangmog and Regina Raigetal, on their project "The Warp and Weft of the Remathau." This yearlong study is documenting the knowledge and artistry of women from the Outer Islands of Yap who weave the beautiful and highly-valued lavalava cloth, which remains an essential element in maintaining cultural traditions and community relationships among contemporary Remathau (People of the Sea). Ultimately, the researchers plan to record in-depth audio interviews with 20 master lavalava weavers, photograph the weaving process and, when appropriate, the community spaces and workshops where weaving takes place.

Both Modesta and Regina come from the Atoll of Ulithi, a string of the scenic outer islands of the Federated States of Micronesia in the western Carolina Islands. Both are themselves respected weavers of lavalava and knowledgeable about local customs and traditions. They are also fluent speakers of Ulithian—the Micronesian language spoken on Ulithi and neighboring Fais Island—and thus able to conduct their interviews in the language that best encapsulates the history and complexity of the weavers' culture. (They are also creating English logs of each interview, but obtaining substantial fieldwork in this previously under-represented language will enable the AFC to expand its holdings of the roughly 500 languages currently represented in the archive.)

Recently, I had a chance to speak with Modesta and Regina about their research. Modern technology means that online meetings with



Weaving a lavalava on Falalop Island, Ulithi Atoll. Modesta Yangmog is shown interviewing master lavalava weaver Conchita Leyangrow of Lamotrek Atoll in Talguw on Yap Island. They are using a warp board as their interview "table."

HABELE

fieldworkers working far from Washington, D.C. are no longer difficult; however the 14 hour time difference makes planning a meeting a bit of a challenge. (When I call Guam or Yap in the evening, it is mid-morning of the following day for them).

Both Modesta and Regina are delightful raconteurs and serious and thoughtful researchers. Like many others born on Ulithi and Fais, both have left their home island for reasons related to work, family and educational opportunities. Today, Modesta lives on Yap, the seat of Yap State, and Regina lives in Guam. Significant numbers of Ulithians live in Hawaii, elsewhere in the Pacific and throughout the U.S. Modesta is interviewing master weavers on Ulithi and the FSM; Regina's fieldwork will focus on weavers in Guam, Hawaii, and mainland U.S.

Modesta and Regina strongly feel that the ability of women to weave lavalavas is "essential" to maintaining Outer Island culture. They estimate that as many as a thousand Ulithian women know how to weave, but are concerned that many living off-island are losing the finer points of the tradition. For this reason, they are prioritizing documenting older women, although they also plan to interview a few weavers in their 40s. "We are forgetting," Modesta told me, "and you must know how." "I see [lavalava weaving] as a part of me as a person," Regina said. It would be an embarrassment to a girl's family if she did now know how to weave.

To understand why their project is so important, they told me some basic information about the history and complex traditions of lavalavas and how it functions in Ulithi society. This short post



Weaving a lavalava on Falalop Island, Ulithi Atoll.

HABELE

can only touch on a few main points, but readers should know that lavalava is a beautiful fabric woven in various colors and patterns and used for both men's and women's skirts. It is woven on special type of small backstrap loom and the construction and maintenance of these special portable looms are also being documented as part of the project.

Originally, lavalavas were woven from banana and/or hibiscus fibers and later from agave fibers. In the late 1950s, weavers began using commercially-manufactured imported thread. The idea of using store-bought thread was introduced by an American Jesuit priest, and it proved very popular as it allowed weavers to create softer, more colorful skirts and eliminated the time-consuming work of preparing and dying natural fibers. Although today most weavers buy commercial thread, Modesta told me that one of her

most exciting recent discoveries was when she interviewed an older weaver who remembered the traditional methods of coloring lavalava thread, including using a special type of dirt found on the main island of Yap.

On the Ulithian atoll, lavalavas skirts are still worn on a daily basis and are certainly the correct thing to wear for ceremonies and special events. However lavalavas are much more than clothing: they carry with them important spiritual and social functions and play significant parts during rites of passage. For example, it would be unthinkable to bury someone without including a lavalava, which functions as more than a shroud. Social and family disputes often need to be resolved with the gift of a lavalava. Marriages and births also are marked by the gift of lavalavas. (They both told me of a lovely custom in which a husband's family is

expected to bestow a lavalava on a daughter-in-law during her first pregnancy as a thank you.) Historically, lavalavas were also exchanged in trade for land, although this is rarely done today. (By the way, it should be noted that this project is focusing on the public aspects of lavalava weaving. Some of the beliefs and practices associated with lavalavas are sacred and not intended for public knowledge and thus will not be included in this study.)

Both men and women wear lavalavas, but weaving is done exclusively by women. It requires tremendous skill, work and patience. Some excellent information on lavalava weaving and the construction of Ulithian backstrap looms is already available on Habele's website, www.weavingconnections.org.

Colors and patterns of lavalavas change over time; some are associated with royal families and specific social

classes; and some color combinations are reserved for men (e.g., black and white). Young women are taught to weave when they reach puberty, but long before that young girls play at making looms from palm fronds and sticks. They sit nearby their moms, cousins, grandmas and aunties with their toy looms absorbing Ulithian culture as their elders weave lavalavas.

Modesta and Regina are also interested in documenting the spaces and places where women gather to weave. According to them, weaving is done pretty much anywhere, but is particularly enjoyable and productive in women-only spaces—like the community's menstrual lodge. Regina described how much she enjoyed getting together with other women at the lodge where no one is expected to cook or do household chores; it is "sort of like a spa." It allows women time away from their everyday demands: a special time to visit with their moms, aunties and cousins, tell stories, exchange information and do a lot of weaving.

Contemporary women like Modesta feel it is important to always have some lavalavas on hand—"just in case" something comes up. Today, a woman who doesn't have time to weave her own lavalava will sometimes buy them from another weaver to have some available, again, "just in case."

The Habele website quotes art historians Jerome Feldman and Donald Rubenstein as writing that the lavalava is nothing less than a "highly condensed visual expression of social and economic relations, ritual affairs, and the aesthetic ideals of Micronesian society." That is undoubtedly true, but what this quote doesn't reflect is the pride and pleasure that Modesta and Regina take in being involved with lavalavas. This unique traditional cloth also provides Yap's Outer Islanders increasingly dispersed migrants with "a highly visible and instantly recognizable symbol connecting them to each other and their past." This project will help preserve the history and importance of lavalavas so that Ulithian "daughters and nieces where ever it is they may reside away from the islands [can] hold tight to their islands roots and foundations so that they may not be lost to us." Or, as Modesta told me, "It's a must that you should know." My colleagues and I at the AFC look forward to adding their important fieldwork to our archives! (PR)

The author, Nancy Groce, is a Senior Folklife Specialist at the American Folklife Center, Library of Congress.

Nation

Pro-Trump wins in blue states threaten GOP hopes this Nov.

HARTFORD, Conn. (AP)—Republicans have found success in Democratic strongholds like Maryland and Massachusetts when they have fielded moderate candidates who could appeal to voters in both parties. With Democrats facing headwinds this year, Republicans had hoped that strategy could pay off yet again.

But Republican voters have nominated loyalists of former President Donald Trump in several Democratic states, including Maryland and Connecticut, making the GOP's odds of winning those general election races even longer. Massachusetts will face its own test next month as GOP voters decide between a Trump-backed conservative and a more moderate Republican for the party's gubernatorial nominee.

"It can't continue," said former Connecticut U.S. Rep. Christopher Shays, a moderate Republican and Trump critic, referring to the GOP choosing pro-Trump candidates. "One of the things that will happen is that a lot of the Trump candidates who won the primary will lose the general election. And there are a lot of unhappy Republicans who hold office now who believe that the Sen-

ate now is in jeopardy of staying Democratic."

Trump's influence was on full display earlier this month when his last-minute endorsement helped propel Leora Levy, a member of the Republican National Committee who opposes abortion rights, to victory in a Republican U.S. Senate primary in Connecticut over the party's endorsed candidate, former House Minority Leader Themis Klarides. Klarides supports abortion rights and said she didn't vote for Trump in 2020.

"Sad day for CT ..." tweeted Brenda Kupchick, the Republican first selectwoman of Fairfield and a former state representative, after the Aug. 9 race was called for Levy. Days earlier, after Trump endorsed Levy on speakerphone at a GOP picnic, Kupchick tweeted, "How is that helpful in the general election in CT?"

Kupchick's tweets sparked criticism in both GOP camps. Trump supporters accused Klarides of not being a "true conservative." Moderate Republicans predicted that Levy's nomination ensured Democratic U.S. Sen. Richard Blumenthal would sail to victory in November, despite a Quinnipiac poll in May registering

his lowest job approval since he took office in 2011.

The last Republican to represent Connecticut in the U.S. Senate was Lowell P. Weicker Jr., who served from 1971 to 1989, though Connecticut has elected a moderate Republican governor as recently as 2006, with M. Jodi Rell.

Levy, who has never before served in elective office, contends her message of controlling high inflation and energy prices, stopping "government intrusion between parent and child" and addressing crime will resonate with a wide range of voters.

A similar dynamic has unfolded in liberal Maryland, where Dan Cox, a far-right state legislator endorsed by Trump, won the Republican primary for governor over a moderate rival backed by outgoing Republican Gov. Larry Hogan, a Trump critic. And in heavily Democratic Massachusetts, Republican voters casting ballots in the state's Sept. 6 gubernatorial primary will choose between Geoff Diehl, a Trump-backed former state representative, and Chris Doughty, a businessman with moderate views. Centrist Republican Gov. Charlie Baker, a Trump critic, decided against seeking a third term.

ACROSS THE NATION

Pence says he didn't leave office with classified material

DES MOINES, Iowa (AP)—Former Vice President Mike Pence said Friday that he didn't take any classified information with him when he left office. The disclosure—which would typically be unremarkable for a former vice president—is notable given that FBI agents seized classified and top secret information from his former boss's Florida estate on Aug. 8 while investigating potential violations of three different federal laws. Former President Donald Trump has claimed that the documents seized by agents were "all declassified." Pence, asked directly if he had retained any classified information upon leaving office, told The Associated Press in an interview, "No, not to my knowledge." Despite the inclusion of material marked "top secret" in the government's list of items recovered from Mar-a-Lago, Pence said, "I honestly don't want to prejudge it before until we know all the facts."

2 on ATV die when they hit tractor-trailer near NYC bridge

NEW YORK (AP)—New York City police are investigating a crash that killed two men who were thrown from an all-terrain vehicle when it struck a tractor-trailer in Queens. The ATV driver was then run over by the truck, authorities said. Police said the men were traveling through an intersection toward a Manhattan-bound entrance to the Ed Koch Queensboro Bridge when their ATV hit an oncoming tractor-trailer early Friday. The 22-year-old driver, a Bronx resident, was pronounced dead at the

scene, police said. The unidentified passenger later died at a hospital, police said. Both suffered severe injuries, while the truck driver was not hurt, officials said. Police did not say whether the men were wearing helmets.

Police: Customer kills security guard at Texas restaurant

DeSOTO, Texas (AP)—A customer at a restaurant and entertainment venue in suburban Dallas fatally shot a security guard after arguing over the business' rules, police said. Derek Phillips, 47, of Arlington, died after being shot multiple times about 10 p.m. Friday at Brickhouse Lounge in DeSoto, police Lt. Chris Huerta said Saturday. Phillips, who was not armed, was shot with a handgun, Huerta said. Huerta said police were still trying to determine the nature of the argument.

Police arrest several after panic at Kentucky State Fair

LOUISVILLE, Ky. (AP)—Several people were arrested at the Kentucky State Fair, which closed early Saturday night after suspicious activity was reported to law enforcement, authorities said. Kentucky State Police said in a statement on Twitter that the fair began a "soft close" at about 10 p.m. to ensure the safety of attendees. Police confirmed there have been no reported injuries. Police have not released any additional details about the incident but local media outlets have confirmed people were running from reported gunfire. The identities of the people who were arrested have not been made public. An investigation is ongoing.

World

Russians shoots down Ukrainian drones in Crimea; war broadens



A worker cleans up after an early morning rocket attack hit the Kramatorsk College of Technologies and Design in Kramatorsk, Donetsk region, eastern Ukraine, Friday, Aug. 19, 2022. AP

KYIV, Ukraine (AP) — Russian authorities reported shooting down Ukrainian drones Saturday in Crimea, while Ukrainian officials said Russian forces pressed ahead with efforts to seize one of the few cities in eastern Ukraine not already under their control.

The Russian military also kept up its strikes in Ukraine's north and south. In Crimea, which Russia annexed from Ukraine in 2014, Russian authorities said local air defenses shot down a drone above the headquarters of the Russian Black Sea Fleet in Sevastopol. It was the second drone incident at the headquarters

in three weeks and followed explosions at a Russian airfield and ammunition depot on the peninsula this month.

Oleg Kryuchkov, an aide to Crimea's governor, also said Saturday that "attacks by small drones" triggered air-defense systems in western Crimea.

"Air defense systems successfully hit all targets over the territory over Crimea on Saturday morning. There are no casualties or material damage," his boss, Sergei Aksyonov, said on Telegram.

Sevastopol governor Mikhail Razvozhaev said on Telegram that the city's air-defense systems were called into action again late Saturday.

Gunmen storm hotel in Somali capital, kill 20

MOGADISHU, Somalia (AP)—Islamic militants have stormed a hotel in Somalia's capital, engaging in an hours-long exchange of fire with the security forces that left at least 20 people dead, according to police and witnesses.

In addition, at least 40 people were wounded in the late Friday night attack and security forces rescued many others, including children, from the scene at Mogadishu's popular Hayat Hotel, they said Saturday.

The attack started with explosions outside the hotel before the gunmen entered the building.

Somali forces were still trying to end the siege of the hotel almost 24 hours after the attack started. Gunfire could still be heard Saturday evening as security forces tried to contain the last gun-

men thought to be holed up on the hotel's top floor.

The Islamic extremist group al-Shabab, which has ties with al-Qaida, claimed responsibility for the attack, the latest of its frequent attempts to strike places visited by government officials.

The attack on the hotel is the first major terror incident in Mogadishu since Somalia's new leader, Hassan Sheikh Mohamud, took over in May.

In a Twitter post, the U.S. Embassy in Somalia said it "strongly condemns" the attack on the Hayat.

"We extend condolences to the families of loved ones killed, wish a full recovery to the injured, & pledge continued support for #Somalia to hold murderers accountable & build when others destroy," it said.

There was no immediate word on the identities of the

The incidents underlined Russian forces' vulnerability in Crimea. A drone attack on Russia's Black Sea naval headquarters on July 31 injured five people and forced the cancellation of observances of Russia's Navy Day. This week, a Russian ammunition depot in Crimea was hit by an explosion. Last week, nine Russian warplanes were reported destroyed at an airbase on Crimea.

Ukrainian authorities have stopped short of publicly claiming responsibility. But President Volodymyr Zelenskyy alluded to Ukrainian attacks behind enemy lines after the blasts in Crimea.

"We were having tea near the hotel lobby when we heard the first blast, followed by gunfire. I immediately rushed toward hotel rooms on the ground floor and I locked the door," witness Abdullahi Hussein said by phone.

"The militants went straight upstairs and started shooting. I was inside the room until the security forces arrived and rescued me."

He said on his way to safety he saw "several bodies lying on the ground outside hotel reception."

Health & Wellness

What used to be known as a simple, fun activity for kids now is a tool for practicing good mental health. Coloring has increased in popularity recently, especially for adults.

While children's coloring books feature cartoon characters and simple designs, adult coloring books have intricate patterns of flowers, artwork, mandalas or animals. Books are available for purchase, and you can print free coloring pages online. For people who prefer a digital version, many coloring apps are available for mobile devices.

But what makes adult coloring so popular?

Coloring can improve your health by:

Promoting mindfulness

Coloring can help you be more mindful. Mindfulness is the ability to focus and stay in the moment.

For example, because you're focusing on color choice and staying inside the lines, you're only thinking about the present moment. You can shut off the noise around you, and give your mind the gift of focusing on the movements, sensations and emo-

tions of your present moment.

Practice being nonjudgmental as you go through the task with no expectations — just being in the moment. If your mind wanders, which is normal, gently return to what you are experiencing right now. While coloring, you use the parts of your brain that enhance focus and concentration. It gives you the opportunity to disconnect from stressful thoughts.

Relieving stress

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Although coloring isn't the ultimate cure for stress and anxiety, sitting down for a long coloring session holds great value. As you color, pay attention to your breathing rhythm, ensuring steady, full breaths from your diaphragm, and tune into your heart rate periodically if you can.

Embracing the imperfect

There's no right or wrong way

Coloring is good for your health



DREAMSTIME/TNS

While children's coloring books feature cartoon characters and simple designs, adult coloring books have intricate patterns of flowers, artwork, mandalas or animals.

to color. Coloring is a non-competitive activity, so there isn't pressure to "level up," win a prize or beat the clock. You can color for as long or as little time as you want. You

don't need to finish a picture in one sitting.

Try to let go of judgments or expectations and enjoy the simple beauty of coloring. It doesn't matter if your picture

is neat or messy. The only thing that matters is if you found enjoyment and relaxation while coloring.

Other ways to relieve stress

Some people don't find coloring to be relaxing or enjoyable, especially those who didn't like to color as a child. That's OK.

Other fun ways to relieve stress include:

■ Crack open a book. Reading is a great way to wind down. Like coloring, it helps you lose yourself in the moment and forget about your work or other stressors.

■ Massage your earlobes.

Massaging the pressure points in your earlobes brings on a calming, relaxing sensation over your body. Do this for a few minutes, and you may start to feel some relief.

■ Bust a move. Breaking out your best dance moves along with your favorite song can be therapeutic for many people. If you're dancing throughout most of the song, you also can say you snuck in some exercise.

■ Take a deep breath. Deep breathing is a great way to reduce your body's response to perceived threats. Breathe in through your nose for five seconds and hold for two seconds. Then release your breath through your mouth for five seconds.

Other ways to relieve stress

Some people don't find coloring to be relaxing or enjoyable, especially those who didn't like to color as a child. That's OK.

Other fun ways to relieve stress include:

■ Spend time with a four-legged friend. It's no secret that pets make us happy. Their love is unconditional, they are

MAYO CLINIC Q&A Back-to-school mental health tips

DEAR MAYO CLINIC: Our daughter has attended school virtually for the past five years and enjoyed the experience. Now that she is heading into ninth grade, she wants a more traditional high school experience. However, she has become more nervous as school gets closer and complains about stomachaches. How can I ease the transition for her and help her be less anxious?

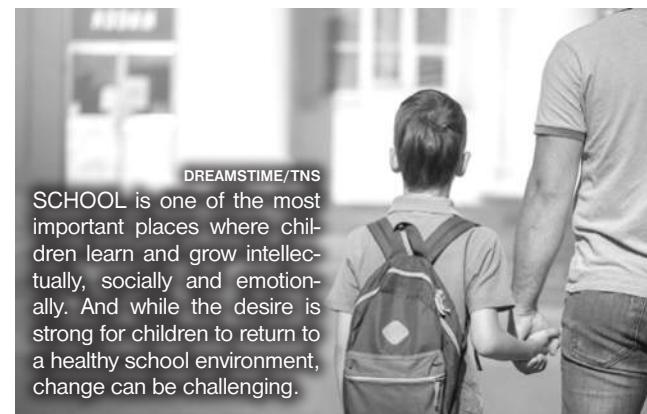
ANSWER: School is one of the most important places where children learn and grow intellectually, socially and emotionally. And while the desire is strong for children to return to a healthy school environment, change can be challenging.

It is important to remember that not every person reacts to change in the same way. Your child clearly recognizes that this coming school year will look different than past years.

The first step to helping your daughter transition is to keep a healthy mindset and focus on the positive.

High school students may find their emotions vary between excitement and anxiety. Although your daughter supports this change, the closer the change becomes, the more likely she feels nervous.

I would recommend that you sit down with your daughter and try to get a sense of what it is about school that makes her nervous. Is she concerned about making new friends? Worried about being over-



positive attitude about the transition and encourage her to do the same.

■ Practice relaxation and learn new skills to manage stress. Explore how relaxation, mindfulness or other stress management techniques, such as yoga, can calm the mind. Several free classes and mental health apps are online. Many of these skills are portable and can be used anytime, anywhere.

■ Set and maintain a normal daily routine. Help your daughter aim to wake up and go to bed as close as possible to the same times each day. Remind her to stay hydrated, try to keep up with a healthy diet and focus on getting physical activity. A healthy body helps maintain a healthy mood and mindset.

■ Find support through friends. Help your daughter identify some friends who also might be transitioning into high school, either from virtual school or simply moving up from middle school. Encourage them to connect before school begins to help them all feel more confident.

Consider these tips to help manage your daughter's mental health and ease the transition to this school year:

■ Be aware and supportive. As you have already done, be alert to recognize any ongoing concerns or anxiety, and continue to talk with your daughter about her fears.

■ Be optimistic. Maintain a

with teachers in advance of orientation. Talk with your daughter about changes in daily routines, which can be a challenge for everyone — even adults.

Most importantly, remind your daughter to stay flexible and be open to the possibility that her feelings may change over the course of the year. And let her know that it is OK not to feel OK. Teens may still need to hear that affirmed by the adults in their lives.

For anyone feeling anxious, it's common to be irritable, or feel a sense of loss or sadness. Problems with sleep, physical tension and worry can result.

Consider these tips to help manage your daughter's mental health and ease the transition to this school year:

■ Be aware and supportive. As you have already done, be alert to recognize any ongoing concerns or anxiety, and continue to talk with your daughter about her fears.

■ Be optimistic. Maintain a

Healthy Living

How many oranges does it take ...

How much of these high vitamin C foods you would need to eat to equal one 500 mg supplement:

7
Medium oranges

7
Kiwi fruits

7 cups
Cooked broccoli

4 1/2 cups
orange juice

1 3/4 cups
sweet red peppers

Source: U.S. Department of Agriculture



Tan Siu Lin Foundation

Life & Style

Gary Busey charged with sex offenses at Monster-Mania Con

CHERRY HILL, N.J. (AP)—Actor Gary Busey has been charged with sexual offenses at a New Jersey fan convention this month.

Busey, 78, was charged Friday with two counts of fourth-degree criminal sexual contact, one count of attempted criminal sexual contact and one count of ha-

rassment, Cherry Hill police said Saturday.

The charges stem from offenses at the annual Monster Mania Convention at the Doubletree Hotel on Aug. 12-14 in Cherry Hill, a Philadelphia suburb, police said.

Busey, who lives in Malibu, California, was scheduled as a featured guest for all

three days of the event.

Police did not immediately respond to a message seeking details. It also wasn't clear whether Busey has an attorney to comment on the charges, and a representative didn't immediately return a message seeking comment Saturday.

Busey is widely known as a character actor, largely in

supporting roles, though he came to attention and was

nominated for an Oscar for best actor for playing the ti-

tle role in the 1978 film "The Buddy Holly Story."

Authors and friends rally and read for Salman Rushdie



AP

A group of writers and supporters gather in solidarity with Salman Rushdie outside the New York Public Library, Friday, Aug. 19, 2022, in New York.

NEW YORK (AP)—Friends and fellow authors spoke out on Salman Rushdie's behalf during a rally Friday on the steps of the main branch of the New York Public Library, one week after he was attacked onstage in the western part of the state and hospitalized with stab wounds.

Rushdie's condition has improved, and, according to his literary agent, he has been removed from a ventilator.

Jeffrey Eugenides, Tina Brown and Kiran Desai were among those who shared wishes for a full recovery, told stories of Rushdie as an inspiration and defender of free expression, and read passages from his books, essays and speeches, including

from "The Satanic Verses," the 1988 novel that was condemned by some Muslims as blasphemous.

Rushdie spent years in hiding after Iran's Ayatollah Ruhollah Khomeini issued a 1989 edict, a fatwa, calling for his death, but had traveled freely over the past two decades.

The hourlong "Stand With Salman" gathering was presented in part by the library,

and of writers attacked for the purported crime of their work," said the day's first speaker, PEN CEO Suzanne Nossel. "Today, we will celebrate Salman for what he has endured, but even more importantly, because of what he has engendered—the stories, characters, metaphors and images he has given to the world."

The rally did not include any new words from Rushdie, but Nossel said he was aware of the event and even made suggestions for what to read. Rushdie's son Zafar Rushdie, who has been with his father, tweeted that "it was great to see a crowd gathered" outside the library.

"He's been a constant, inde-

Bill Paxton family settles lawsuit over his death

The family of the late actor Bill Paxton has agreed to settle a wrongful death lawsuit against a Los Angeles hospital and the surgeon who performed his heart surgery shortly before he died in 2017, according to a court filing Friday.

The suit, filed against Cedars-Sinai Medical Center more than four years ago, had been scheduled to go to trial next month. But attorneys for Paxton's wife of 30 years, Louise, and their two children, James and Lydia, filed a notice in Los Angeles Superior Court that they had agreed to settle the case.

"The matter has been resolved to the mutual satisfaction of the parties," plaintiffs' lawyers Bruce Broillet and Steve Heimberg said in a statement.

The terms are confidential, the attorneys said. Emails seeking comment from the defendants were not immediately returned. The agreement must still be approved by a judge.

Paxton, who starred in



Paxton

films including "Apollo 13," "Titanic" and "Aliens" and in television series including "Big Love," died on Feb. 25, 2017.

The cause was a stroke that came 11 days after surgery to replace a heart valve and repair aorta damage, according to his death certificate.

The lawsuit, filed a year later, alleged that the surgeon, Dr. Ali Khoyneshad, used a "high risk and unconventional surgical approach" that was unnecessary and that he lacked the experience to perform, and that he downplayed the procedure's risks.

The misguided treatment caused Paxton to suffer excessive bleeding, cardiogenic shock and a compromised coronary artery, the suit alleged, and said that Cedars-Sinai knew that Khoyneshad, tended to "engage in maverick

surgeries and show suboptimal judgment."

The defendants said in court documents that Paxton and his family knew and understood the risks involved in the procedure, and voluntarily went on with the surgery. The defendants' said there was no negligence that led to his death.

The four-year legal battle was marked by frequent attempts by the Paxton family to extract more discovery evidence from the hospital, and frequent court hearings over the issue.

Paxton, who was born and raised in Fort Worth, Texas, was among the industry's busiest actors from the early 1980s until his death, amassing nearly 100 credits, including "Twister" and "Weird Science." He was starring in the CBS drama series "Training Day" when he died. (AP)

Daughter's fiance often makes puzzling remarks

DEAR ABBY: My lovely and successful 30-year-old daughter has recently become engaged to a 31-year-old man I'll call "Jonas." They have been dating for several years. He comes from a good family and is successful in his career. She adores him and is extremely happy.

The problem is, Jonas has a habit of making off-the-cuff comments about her to my husband and me behind her back, suggesting, for example, that he felt a bit pressured about the timetable for proposing.

More recently, I thanked him for offering my daughter and me the use of his beloved vehicle to go wedding dress shopping. Instead of saying, "You're welcome," he muttered, "She's going to wreck the car one day. The sooner she does it, the sooner I get a new one." (Abby, my daughter has an excellent driving record, so this was just weird.) He says it like it's a dry joke which he likely sees this way, but I find his comments hurtful.

I haven't said anything to my daughter about this, and don't want to "run him down" to family or friends by asking for suggestions in handling this. Should I let it go, or should I tell Jonas privately how his comments hurt us? I don't want to make more of this than it is, but it makes my heart ache a bit.

CONCERNED MAMA IN ILLINOIS

DEAR MAMA: Jonas' "joke" that he felt pressured to become engaged to your daughter wasn't funny, and I can un-

derstand why you might be concerned. While I don't think you should solicit advice about this from friends and family, I DO think you should discuss this with your daughter because it could be a red flag. Ditto with any other possibly pejorative comments he makes to you about her. There is often a grain of truth within comments that are made in jest. They could be a tipoff about what her fiance is really feeling.

■■■■

DEAR ABBY: I'm 40 years old. I have had issues with my deadbeat father my entire life. After Mom passed away, I tried to create a relationship with him because he was the only parent I had left. He then informed me that he stayed when my sister was born but left when I was, because I was never wanted.

I have suffered from depression for a long time and had been doing well for three years up to that point. Now, my hatred for him has consumed me so much, I find it hard to love myself. I look so much like him that when I look in the mirror, I can't stand the reflection looking back at me.

How can I love myself again or feel like I'm worthy enough to be loved? How do I look at myself and not see the monster that's my bio dad? Please help.

FILLED WITH HATE IN THE MIDWEST

DEAR FILLED WITH HATE: You have suffered enough.

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

You will regain your self-acceptance, sense of self-worth and rid yourself of your father's baggage with help from a licensed psychotherapist. If your finances are stretched, contact your county's department of mental health for low-cost or no-cost help. Universities and colleges that have a department of psychology can also provide counseling on a sliding scale. It's the surest way to repair the damage your father has inflicted. Please don't wait to reach out.

■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

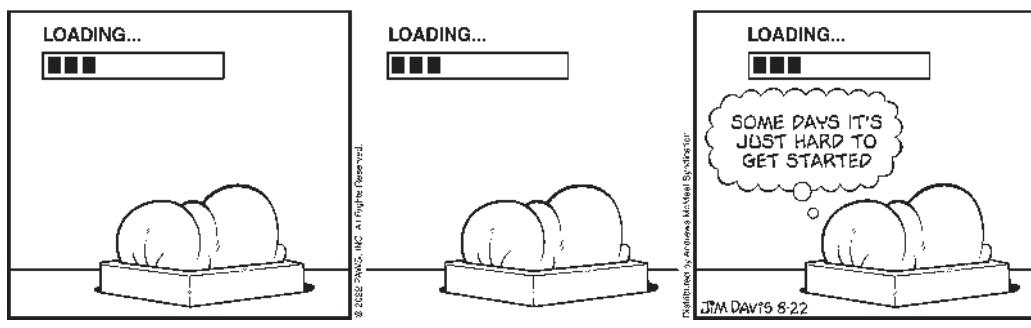
Pastimes

Calvin and Hobbes



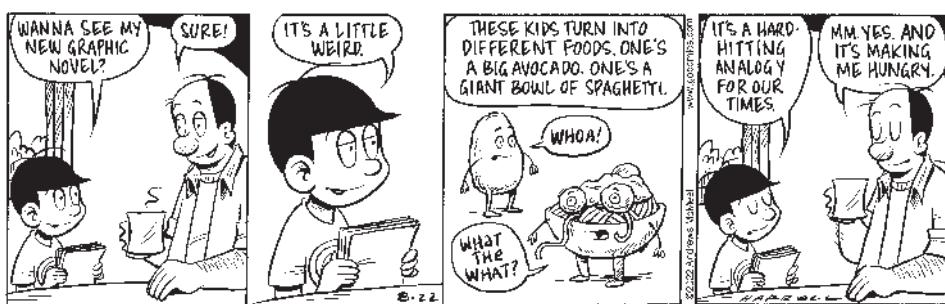
By Bill Waterson

Garfield®



By Jim Davis

Adam@home



By Bryan Basset

The Duplex



By Glenn McCoy

CROSSWORD

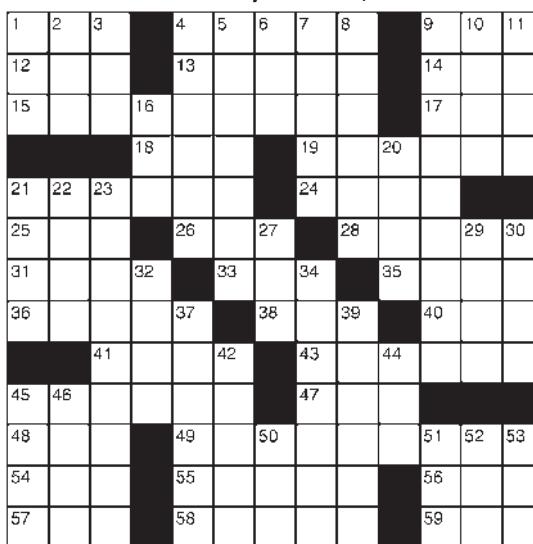
By Eugene Sheffer

ACROSS	33 LAPD	55 Ten —	6 Rest-
1 Menagerie	1 alert	(long odds)	room, for short
4 Embedded spies	35 Peruse	56 Flying saucer	7 Writer Jong
9 "Front-line" airer	36 Sasha's sister	57 New England cape	8 Choose
12 Year in Spain	38 With it, once	58 Trudges	9 Fantasy
13 Empathic words	40 Summer mo.	59 Apply cream	10 Shapeless mass
14 Land in la mer	41 Norms (Abbr.)	11 Stitches	16 '60s Atty. General
15 Unfortunate soul	43 In a morose way	16 '60s Atty.	20 Lusty look
17 "Wham!"	45 Concludes by	21 Meander	22 Actress Fisher
18 Ga. neighbor	47 Tank filler	23 Earnings	27 Speedometer stat
19 Tabloid subjects	48 Zodiac cat	29 Biblical king	30 Jittery
21 Cal — (baseball's "Iron Man")	49 Precinct canine	32 Poses	34 Imploring
24 Scored 100 on	54 Fiddle stick	37 Conforms	39 Locales
25 Buckeyes' sch.		42 Pub seat	42 Pub seat
26 Crater edge		44 Employ	45 Exile isle
28 Succinct		46 Inert gas	50 Brit's restroom
31 Shakespeare title starter		51 Flop	52 One — kind
		53 Sailor	

Solution time: 26 mins.



Last Friday's Answer 08/22



For answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only) A King Features service, NYC.

STUMPED?

CELEBRITIES BORN ON THIS DAY: Aparna Nancherla, 40; James Corden, 44; Kristen Wiig, 49; Ty Burrell, 55.

Happy Birthday: Let charm, charisma and careful planning open doors to better days ahead. Let everything you experience shape what's to come and nurture profits, happiness and a robust future. Put your energy where it counts -- with less time spent on anger and more on love. Change what's necessary and protect what's working for you. Chase your dreams. Your numbers are 3, 7, 19, 21, 29, 36, 42.

ARIES (March 21-April 19): Gravitating toward someone or something that intrigues you will spark hope, ideas and a new-and-improved you. Stop laboring over what isn't working for you and step onto a path that offers more. Take control instead of being controlled.

TAURUS (April 20-May 20): A change won't turn out as planned if uncertainty throws off your timing. Rethink your plans and adjust what appears faulty. Think matters through and get the clearance you need from those influenced by your decisions. Stability will create respect.

GEMINI (May 21-June 20): Tame situations instead of letting them build into something that isn't manageable. Be the calm that brings reason and practicality into the lives of those you love. Get back to basics, and everything will unfold without a hitch. Romance is encouraged.

CANCER (June 21-July 22): Simplify life, curb habits and set new goals. Put your energy into self-improvement, better health

and an affordable lifestyle. Address emotional issues and ease stress. Take comfort in doing what's right and best for you. Don't try to fix what works.

LEO (July 23-Aug. 22): Set high standards and develop what you do best. Take control, and don't be afraid to show off what you can do. Put your energy into what matters to you most. Surround yourself with those who bring out the best in you.

VIRGO (Aug. 23-Sept. 22): Put your ideas in motion. Following through will make the difference and help you come out on top. Think big and be reasonable, and you'll turn something you love to do into a profit. Leave nothing to chance; something good will transpire.

LIBRA (Sept. 23-Oct. 22): Keep life simple, stick to the truth and live within your means. Put emotional differences aside at home and work, and you'll avoid a scene that can leave you in an awkward position. Focus on self-improvement, romance and creative endeavors.

SCORPIO (Oct. 23-Nov. 21): Pay attention to the cost of living. Curb habits and put an end to waste. Look for alternative ways to use your skills more efficiently. Stay focused on what you can do, not the impossible. A unique approach will pay off.

SAGITTARIUS (Nov. 22-Dec. 21): Participation will be a learning experience that encourages you to do things your way.

Concentrate on looking and doing your best. Be wary of anyone trying to take advantage of you. Be practical.

EUGENIA LAST

THE LAST WORD IN ASTROLOGY



COURTESY 2007 UNIVERSAL PRESS SYNDICATE

CAPRICORN (Dec. 22-Jan. 19): Slow down, think matters through carefully and stick to a budget and the truth. Take an innovative approach to dealing with people trying to take advantage of you. Have a practical plan in place, and go about your business. Curb bad habits.

AQUARIUS (Jan. 20-Feb. 18): Don't let someone's uncertainty get you down. Put your energy where it brings the highest return. Step forward with strength, courage and discipline to finish what you start. Take credit for your achievements. Protect your health, position and reputation.

PISCES (Feb. 19-March 20): Set a standard and stick to it, regardless of what others do or suggest. Too much of anything will leave you in a precarious position. Think outside the box, and you'll figure out how to get things done within budget and time frame.

Birthday Baby: You are aggressive, persistent and disciplined. You are responsive and prepared.

•: Avoid conflicts; work behind the scenes. ☀: You can accomplish, but don't rely on others. ☀: Focus and you'll reach your goals. ☀: Aim high; start new projects. ☀: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku

By Dave Green

			6					
2		4	7			8		
4	7	3	5	2		1		
8	2			1	7			
6			1			4		
4	9			8	5			
7	6	2	8	4		5		
9		5	6			3		
			7					

Difficulty Level ★

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

8	7	3	4	6	9	5	1	2
5	6	9	1	3	2	8	4	7
1	4	2	7	5	8	9	3	6
4	3	5	6	8	1	2	7	9
9	8	1	3	2	7	4	6	5
6	2	7	5	9	4	1	8	3
3	9	6	8	1	5	7	2	4
7	5	8	2	4	3	6	9	1
2	1	4	9	7	6	3	5	8

TUE 8/22

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

LIQUEURS

Solution: 8 letters

V	L	E	S	U	E	R	T	R	A	H	C	L	E	C
A	I	R	A	M	A	I	T	M	V	O	E	Y	G	A
R	M	O	E	R	U	T	A	M	F	O	S	C	N	M
E	E	A	L	R	R	E	F	C	T	T	H	A	P	
T	D	U	F	E	O	T	E	H	N	O	E	R	A	
T	L	B	W	S	T	E	O	H	A	N	C	E	O	R
I	I	S	E	E	T	C	S	R	E	SH	O	T	I	
B	M	N	S	R	O	R	R	Y	T	T	I	C	T	C
A	O	I	O	L	R	U	A	G	R	L	L	T	E	E
N	N	T	A	M	C	I	E	W	U	L	S	R	C	
A	C	T	T	K	R	E	S	B	A	P	K	A	U	
N	E	H	C	L	M	L	O	S	E	P	N	M	B	
A	L	A	M	A	E	R	C	H	S	I	R	I	A	E
A	L	L	I	N	A	V	F	L	O	W	E	R	N	S
B	O	N	D	R	O	B	M	A	H	C	S	D	Y	K

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Ball, Band, Bassoon, Biden, Blare, Bryan, Sherlock, Bush, Call, Cello, Clarinet, Colonel, Crews, Dine, Douglas, Burian, E-Flat, Engineer, Flute, Harp, House, Jason, Fettig, Lapel, Librarian, Major, Marine, Obama, Oboe, Public, Record, Saber, Saxophone, Scon, Somper, Fidelis, Solo, Stage, Strategist, Team, Tours, Trombone, Trump, Tuba, Viola, Violin, Vocalist, White
Last Friday's Answer: walnuts

The NEW Volume 69 can be purchased online at www.WonderWordBooks.com, or call 1-800-642-6480.

Pujols homers twice, lifts career total to 692 in Cards' win



P H O E -
N I X
(A P) —

Cardinals slugger Albert Pujols blasted two more homers, pushing his career total to 692 and helping St. Louis beat the Arizona Diamondbacks 16-7 on Saturday night.

It was a vintage night for the 42-year-old Pujols. The 11-time All-Star hit solo homers in the second and fourth off D-backs lefty Madison Bumgarner. He nearly hit a third homer, scorching a single off the base of the left field wall in the fifth. He capped his 4-for-4 night with a ground ball single through the left side of the infield in the seventh.

With the first homer, Pujols passed Stan Musial for No. 2 in total bases in major league history and now has 6,143. Hank Aaron is No. 1 with 6,856.

Pujols needs four more homers to tie Alex Rodriguez for No. 4 all-time. He's been on a roll over the past month, batting .386 with five homers over his past 16 games coming into Saturday.

The Cardinals have won six straight games and 15 of their past 18.

Bumgarner (6-13) gave up five runs on seven hits over 5 1/3 innings. Jake McCarthy had a solo homer.

St. Louis starting pitcher Dakota Hudson gave up four runs over 4 1/3 innings. Genesis Cabrera (4-2) got the win in relief.

Dodgers 7, Marlins 0

In Los Angeles, Dustin May dominated for five innings in his return from Tommy John surgery. Will Smith and Justin Turner hit three-run homers and Los Angeles routed Miami.

In his first big league start since May 2021, May gave up just one hit, struck out nine and walked two. He retired his last 13 batters.

Freddie Freeman also drove in a run for the Dodgers, who extended their home winning streak to eight games.

The Marlins scratched scheduled starter Braxton Garrett because of an oblique strain. Bryan Hoeing (0-1) got the start in his major league debut and was for seven runs and eight hits in three innings.

Rays 5, Royals 2

In St. Petersburg, Fla., Drew Rasmussen took a no-hit try into the sixth inning in his first start since making a serious perfect game bid, and Tampa Bay beat Kansas City.

Rasmussen, who lost his perfect game last Sunday when Baltimore's Jorge Mateo opened the ninth with a double, walked MJ Melendez leading off the Royals first.



three runs on seven hits and a walk in six innings, notching his first win in eight starts this season. Gregory Soto earned his 23rd save.

Los Angeles' Reid Detmers (4-4) took the loss, allowing four runs on 10 hits in 4 1/3 innings.

Rockies 4, Giants 3, 10 innings

In Denver, Brendan Rodgers drove in Wynton Bernard with his fourth hit of the game, and Colorado beat San Francisco in 10 innings.

Ryan McMahon had three hits and Lucas Gilbreath (2-0) pitched the 10th inning for the win.

Bernard, the 31-year-old rookie, started the 10th on second base. After a groundout and intentional walk, Rodgers lined a single to left off Camilo Doval (4-6) to bring home the speedy Bernard with the winning run.

White Sox 2, Guardians 0

In Cleveland, Johnny Cueto scattered five hits over 8 2/3 innings and José Abreu had an RBI double to send Chicago over Cleveland.

Cleveland leads the AL Central by one game over Minnesota, while the White Sox moved within 2 1/2 games of the Guardians. Chicago had lost three in a row.

Cueto (6-5) struck out two and walked one in beating Cleveland for the fifth time in five career decisions. Cueto was pulled in favor of Liam Hendriks with one on and two outs in the ninth after 113 pitches. Hendriks struck out rookie Oscar Gonzalez for his 28th save.

Cubs 6, Brewers 5, 11 innings

In Chicago, Willson Contreras hit an RBI single to cap a two-run rally in the 11th inning, and Chicago scored once in the ninth to tie, once in the 10th to keep it even and finally won in the 11th to extend its win streak to five games.

Contreras had a two-run homer in the fifth, his 20th this season to become the first Cubs catcher to homer 20 times in four seasons.

Patrick Wisdom doubled home automatic runner Nico Hoerner to make it 5-all. Wisdom was later thrown out at the plate trying to score on Nick Madrigal's grounder, but Contreras singled off Peter Strzelecki (1-1) to end it.

Reds 10, Pirates 1

In Pittsburgh, Jake Fraley's two-run home run highlighted a four-run outburst in the fourth inning and Justin Dunn earned his first win in 16 months as Cincinnati beat Pittsburgh.

Fraley's sixth homer of the season landed in the Allegheny River and increased the Reds' lead to 5-0.

Dunn (1-1) allowed one run in five innings in his third start since being called up from Triple-A Louisville. He gave up three hits while walking four and striking out four.

Austin Romine added a two-run double for the Reds, who had lost eight of their previous 10 games. Kyle Farmer, Mike Moustakas and Donovan Solano had two hits each.

Athletics 4, Mariners 3, 10 innings

In Oakland, Calif., Tony Kemp scored the winning run after pitcher Diego Castillo mishandled a high chopper by Sheldon Neuse with none out in the 10th inning, and Oakland ended Seattle's four-game winning streak.

Dany Jiménez (3-4) pitched the ninth and 10th for the win.

Eugenio Suárez hit a tying single in the eighth for Seattle against Zach Jackson. Kemp had put the A's ahead on a go-ahead, two-run single in the fifth inning.

A's starter James Kaprielian allowed two runs on three hits, struck out three and walked four in five innings. He is winless in nine home starts this year.

Rangers 4, Twins 3, 10 innings

In Minneapolis, Corey Seager hit a go-ahead single in the 10th inning and Mark Mathias added an RBI in the frame, leading Texas over Minnesota.

Seager's hit off Twins reliever Caleb Thielbar (2-2) drove in Marcus Semien, who was the automatic runner at second base. Mathias later drove in Seager with a single to center off Griffin Jax.

Minnesota scored a run in the 10th after reliever Jonathan Hernández (1-0) couldn't handle a slow roller off the bat of Max Kepler. But Jose Miranda flew out one batter later to end the game with runners on the corners.

Padres 2, Nationals 1

In San Diego, Juan Soto and Josh Bell homered against their former team, leading San Diego to a much-needed win over Washington.

Soto's solo shot off reliever Steve Cishek (1-4) to center field in the seventh inning proved to be the winner. Bell ended a 1-for-33 slump over eight-plus games with his first home run as a member of the Padres, a 415-foot blast to right-center to tie the game at 1 in the fifth.

The Padres had lost four of five, including the first two in the series.

extra innings to beat Houston.

The Astros scored two in the 10th, only to have Atlanta match them in the bottom half. Houston went back ahead on Jeremy Peña's slow roller that brought home the go-ahead run, but the Braves rallied again.

Jackson Stephens (2-2) earned the win by giving up an unearned run in the 11th. Ryne Stanek (1-1) took the loss.

Cristian Javier pitched two-hit ball for the Astros but again failed to get much offensive support. Rookie Spencer Strider surrendering three hits, walked two and struck out nine for the Braves.

Atlanta's Vaughn Grissom kept up his torrid hitting since being called up from the minors less than two weeks ago. The 21-year-old launched one into the Astros bullpen in the fifth, giving him three homers in his first 11 big league games.

Phillies 4, Mets 1, 2nd game Mets 8, Phillies 2, 1st game

In Philadelphia, Bailey Falter threw six innings of two-hit ball, Kyle Schwarber tripled and doubled, and Philadelphia earned a split of a day-night doubleheader against New York.

In the opener, Starling Marte had three hits to lead the Mets.

The Phillies came back in the nightcap to top the NL East-leading Mets for just the fifth time in 18 games this year.

Falter (1-3) allowed one run in his first major league start since July 29. After a rocky first inning where he walked two, hit a batter and allowed Francisco Lindor to score on a wild pitch, he retired 16 of the next 18 batters. David Robertson earned his 17th save of the year and third since rejoining Philadelphia.

David Peterson (6-3) took the loss.

In the first game, Michael Perez broke an 0-for-19 slump with a two-run single off former Mets pitcher Zack Wheeler.

Wheeler (11-7) struggled with his control, walking four while striking out six in 5 1/3 innings. Mets pitchers Trevor Williams, Seth Lugo (3-2), Joely Rodriguez, Adam Ottavino and Sam Clay held the Phillies to six hits while stranding 12 runners.

Red Sox 4, Orioles 3

In Baltimore, Kike Hernández hit a two-run homer, Christian Arroyo added a key RBI double in the ninth inning and Michael Wacha pitched scoreless ball into the sixth, leading Boston past Baltimore.

The Orioles slipped to 2 1/2 games behind Tampa Bay in the race for the third and final American League wild-card spot.

The Red Sox took a 1-0 lead in the fifth on a run-scoring single by Alex Verdugo off Kyle Bradish. Hernández hit a two-run shot in the sixth inning that extended the lead to 3-0, and Boston added an important insurance run in the ninth Arroyo's RBI double, completing a 3-for-5 day.

Wacha (8-1) allowed four hits with four strikeouts and one walk over 5 2/3 innings, and Garrett Whitlock earned his fifth save.

Bradish (1-5) allowed three runs and nine hits with six strikeouts over 5 2/3 innings.

Tigers 4, Angels 3

In Detroit, Tyler Alexander pitched six strong innings and Detroit's bullpen finished off a win over Los Angeles.

The Tigers had lost two straight and 10 of 12.

Alexander (3-7) allowed

Browns' Watson suspended 11 games, fined \$5M



BEREA, Ohio

(AP)—Cleveland Browns quarterback Deshaun Watson will serve an 11-game unpaid suspension, pay a \$5 million fine and undergo professional evaluation and treatment as part of a settlement with the NFL following accusations of sexual misconduct by two dozen women.

The league had sought to ban Watson for at least one year for violating its personal conduct policy. He was accused of sexually harassing and coercing the women during massage therapy sessions while he was with the Houston Texans.

Watson signed a \$230 million fully guaranteed contract after being traded to the Browns in March. Because the team structured Watson's deal so he'll make \$1.035 million in his first season, he'll lose \$632,500 in salary during the suspension.

As part of the settlement, Watson can return for the Browns' game in Houston on Dec. 4.

"My whole life I just have to be able to move forward and that's the plan," Watson said shortly after the settlement became public. "I have to be able to move forward with my career, move forward with my family, my personal life and everything."

The settlement ends months of speculation and headed off a ruling from former New Jersey attorney general Peter C. Harvey, who was appointed by Commissioner Roger Goodell after the league appealed a six-game suspension issued by disciplinary officer Sue L. Robinson.



AP

Cleveland Browns quarterback Deshaun Watson speaks to the media, Thursday, Aug. 18, 2022, in Berea, Ohio, after the team announced that Watson has reached a settlement with the NFL and will serve an 11-game unpaid suspension and pay a \$5 million fine rather than risk missing his first season as quarterback of the Cleveland Browns following accusations of sexual misconduct while he played for the Houston Texans.

As part of the settlement between the league and the NFL Players Association, Watson will have to be evaluated by behavioral experts and follow their treatment program.

Watson apologized last week before the Browns' pre-season opener for the first time since the allegations surfaced. He tried to offer more contrition Thursday while maintaining he never has been inappropriate with women.

"I've always stood on my innocence and always said that I've never assaulted anyone or disrespected anyone and I'm continuing to stand on that," he said. "But at the same time, I have to continue to push forward with my life and my career."

"I'm going to continue to stand on my innocence and keep pushing forward, and I've always stood on not disrespecting or sexually assaulting anyone."

Along with his \$5 million fine, the league and Browns are donating \$1 million each to a fund that will support non-profit organizations across the country to educate young people on "healthy relationships, promote education and prevention of sexual misconduct and assault, support survivors, and related causes."

Watson can practice until the suspension begins on Aug. 30, but coach Kevin Stefanski said he will not play in any pre-season games. He won't be allowed to return to the team's

facility until Oct. 10, roughly halfway through the suspension. Watson can begin practicing again on Nov. 18 and be reinstated two weeks later.

Attorney Tony Buzbee, who represents all 24 women who sued Watson, was critical of the NFL's handling of the case and settlement.

"By settling this matter the way he has, Roger Goodell has proven one of two things: Either his recent rhetoric was utter baloney, or his bark is much worse than his bite," Buzbee said in a statement. "My belief is that he is nothing more than a paper tiger."

"The message today to all victims is clear, if you believe you have been sexually assaulted by a powerful person,

keep your mouth shut and go away. The NFL has certainly demonstrated that its ownership and the organization doesn't care."

Browns owners Dee and Jimmy Haslam, who have been widely criticized for trading for Watson, stood by the QB. They said they expect him to learn and grow from the experience.

"Since Deshaun came into our building in April, he has done everything we have asked of him and more," Jimmy Haslam said at a news briefing with his wife and Browns general manager Andrew Berry. "And he has been the person, the leader that we expect him to be and I think he understands where he is in his life, it's a pivotal point, and we as an organization are going to do everything we can to help him not only be the best football player he can be but more important to be the best person he can be."

Haslam was asked if he's still comfortable with Watson being on Cleveland's roster.

"Absolutely," he said. "100%"

Dee Haslam was pressed on whether she believes Watson is innocent.

"We respect his opinion. I do think in counseling, Deshaun will grow to learn a lot more about himself," she said.

On Aug. 1, Watson was suspended six games by Robinson, a former federal judge jointly appointed by the league and union to act as an independent disciplinary officer. As part of her ruling, she called his behavior "egregious" and "predatory."

Watson wouldn't comment directly on Robin-

son's assertions.

"I know who I am," he said. "I know what type of person I am. I know the character of the person I was raised to be and I have always been. That is the biggest thing for me is continue to show who Deshaun Watson really is, and the people that meet me and that are around me, they will figure out who I really am."

Believing the suspension was too light, the league appealed and pushed Watson's case back to Goodell, who had handled all player discipline in the past. The league previously pushed for an indefinite suspension and hefty fine.

At the owners' meetings this month, Goodell said the league's pursuit of a yearlong ban was warranted following its investigation and Robinson's findings.

"She reinforced the evidence," Goodell said. "There were multiple violations that were egregious, and it was predatory behavior."

In her conclusion, Robinson cited Watson's lack of remorse as a factor in her decision.

Watson was asked what he was apologizing for if he's innocent. "For everyone that was affected by this situation," he said. "There were a lot of people that were triggered."

Watson was accused of being sexually inappropriate with the women from March 2020 to March 2021. In the civil lawsuits filed in Texas, the women accused him of exposing himself, touching them with his penis or kissing them against their will. One woman alleged Watson forced her to perform oral sex.

Two separate grand juries in Texas declined to indict Watson, who also settled 23 of the 24 lawsuits.

For now, the suspension ends months of speculation about whether Watson would play in 2022 for the Browns, who outbid several other teams and traded three first-round draft picks to the Texans.

The Browns believe Watson could make them a Super Bowl contender. Without him, they could struggle to simply contend in the AFC North against defending conference champion Cincinnati along with Baltimore and Pittsburgh.

All along, the Browns' plan was to turn their offense over to veteran Jacoby Brissett, who has made 37 career starts. But it's now possible Cleveland will explore other options at quarterback.

The suspension also means Watson will be idle longer. One of pro football's elite QBs, he sat out last season in Houston after demanding a trade and before the sexual allegations surfaced.

Bucs coach focused on Titans, not Tom Brady's return date

NASHVILLE, Tenn. (AP)—The Tennessee Titans must decide if rookie Malik Willis gets a second straight pre-season start knowing exactly what they have in veteran Ryan Tannehill.

The Tampa Bay Buccaneers have Tom Brady, who is due back soon from a personal break from training camp, though coach Todd Bowles said Thursday he has no specific date for the quarterback's return.

"We'll see," Bowles said. "We'll talk about it next week. I'm not concerned about it right now. We're trying to practice against Tennessee and play a game. I said sometime after Tennessee. There's no definitive date for me. But we'll check on it. We'll keep in touch and we'll find out."

Brady hasn't practiced with the Bucs since being excused Aug. 11 for what Bowles called a planned absence from the team to address "personal things."

Bowles said then that the 45-year-old quarterback's break from practice was arranged before camp opened and that he wouldn't return until after the exhibition against Tennessee (0-1).

Brady didn't play in the Bucs' pre-season opener, a loss to Miami. Veteran Blaine Gabbert started, with Kyle Trask, their second-round draft pick in 2020, getting much of the work.

Gabbert had a pass batted down by Titans defensive tackle Jeffery Simmons on Thursday before being picked off by Titans cornerback Caleb Farley

in a 2-minute drill to end practice.

Bowles said the extra

work with Brady out has

been great for Gabbert

mentally.

"The plays might not be there all the time, but the mental reps and what he's getting and making the right play is very important, not just making a wild play and making the right play," Bowles said. "So it's been great to have him there."

Tannehill also didn't play when the Titans opened the pre-season by losing in Baltimore.

Willis, the 86th pick overall out of Liberty in the April draft, got the start ahead of Logan Woodside, who has been Tannehill's backup the past two seasons.

It's why Willis has been getting more work with the second-team offense in 2-minute drills at Woodside's expense, which continued Thursday. Willis has turned the fight for the backup job into a real competition.

"We have to continue to develop Malik in this system, and we've had conversations with Logan about his opportunity to compete," Vrabel said. "But I also feel like we have to try to see how quickly we can bring Malik along. And I think that would be the reason why."

Coach Mike Vrabel hasn't made a decision on who starts next but made it clear the Titans want to see as much as possible out of Willis.

It's why Willis has been getting more work with the second-team offense in 2-minute drills at Woodside's expense, which continued Thursday. Willis has turned the fight for the backup job into a real competition.

"We respect his opinion. I do think in counseling, Deshaun will grow to learn a lot more about himself," she said.

On Aug. 1, Watson was suspended six games by Robinson, a former federal judge jointly appointed by the league and union to act as an independent disciplinary officer. As part of her ruling, she called his behavior "egregious" and "predatory."

Watson wouldn't comment directly on Robin-

Marianas Health, TakeCare are Superior sponsors



CONTRIBUTED PHOTO

TakeCare Insurance medical coordinator Melanie Santos, third right, signs on as a Superior sponsor for the 20th Annual HANMI Charity Classic Golf Tournament slated for Sept. 17, 2022, at LaoLao Bay Golf & Resort. From left, golf tournament committee member Isao Usui, Santos, committee member Max Concepcion, Health Plan manager Nora Fejeran, administrative assistant Leilani Pangelinan, and tournament committee chair Juko Ishikawa. The donation was made on July 27, 2022, at the TakeCare Insurance office in Garapan, Saipan.

HANMI Marianas Health Services and TakeCare Insurance have signed on as Superior sponsors for the 20th Annual HANMI Charity Classic Golf Tournament on Sept. 17, 2022, at LaoLao Bay Golf & Resort west course.

Marianas Health donated \$1,000 to the fundraising effort, while TakeCare Insurance donated \$750. DPA Cart Mart has also donated a \$700 golf bag for the event raffle.

"We're very grateful to

Marianas Health Services, saipanhoteles.org, www.facebook.com/HANMI670, and at LaoLao Bay Golf & Resort and Coral Ocean Resort.

The early bird tournament fee is \$120 and includes green fee and the awards luncheon. The fee increases to \$140 after the early bird deadline of Saturday, Sept. 3, at 5pm. For an additional \$30, players may also compete for optional play prizes, including longest drive

(male and female), accurate drive, aggressive drive, and four chances for nearest to the pin. The tournament is open to the first 144 paid registrants.

Showtime is 6am and the tournament will start at 7am. The awards banquet will immediately follow the tournament at LaoLao Bay Golf & Resort.

For more information, contact Tournament Chairman Juko Ishikawa at worldresort@pticom.com or visit www.facebook.com/HANMI670. (PR)



CONTRIBUTED PHOTO

Marianas Health Services donates \$1,000 on July 27, 2022, at the MHS office in San Jose, Saipan, to the 20th Annual HANMI Charity Classic Golf Tournament slated for Sept. 17, 2022, at LaoLao Bay Golf & Resort. From left, golf tournament committee chair Juko Ishikawa; MHS' Kovanni Cabrera, Dolores Ogumoro, and Katie Camacho; and tournament committee vice chair Neil Metran.



CONTRIBUTED PHOTO

DPA Car Mart general manager Pc Wu, left, donates a \$700 golf bag at the business showroom in San Antonio, Saipan, to be raffled at the 20th Annual HANMI Charity Classic Golf Tournament on Sept. 17, 2022, at LaoLao Bay Golf & Resort. From left, Wu, DPA Car Mart's Marilou Thomson, and tournament committee member Das Krishnan.

KAUTZ

From Page 20

in the first and last nine holes of the Kagman course.

Mariano Fajardo and Rene Batallones finished tied at third after both had identical net scores of 73. Fajardo shot a gross of 100 (50-50), but minus his 27 handicap, he wound up with a net 73.

Batallones, for his part, scored a 46 and 42 in the front and back nines for a gross of 88, which minus his 15 handicap gave him the third best net score of the month.

For winning the July monthly tournament of SGA against an

11-person field, Kautz now joins Edward C. Sablan (January), Frances M. Sablan (February), Nick C. Sablan (March), Larry I. Deleon Guerrero (April), Alex Tudela (May), and Mariano Fajardo (June) in the season-ending 2022 SGA Ace of the Year Tournament.

In the closest to the pin competition, Alex Tudela was without peer in hole No. 2. Jung Teack larded it over in the seventh hole, while Kautz and Tony DeLeon Guerrero won in holes No. 13 and 17.

Kautz brought the lumber in hole No. 9 in the longest drive. Ditto for his golfing buddy Sablan in hole No. 18.

fast but it was enough. The turn coming down she just separated herself and I told myself 'maybe next time I'll probably get her.' It was really fun. It's challenging for a lot of people. It's my first one [10K in Marpi] so I don't know how to compare it," he said.

A day before running Run Saipan's Grotto 10K, Veloria was seen aboard a skateboard cruising along Beach Road. He said it's his own unique way of calming his nerves before a big race.

"If I overtrain I will fatigue my legs. Relaxing a day before a race and skateboarding is like a cool down for me," he said.

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
New York	73	48	.603	
Toronto	65	54	.546	7
Tampa Bay	64	55	.538	8
Baltimore	62	58	.517	10
Boston	60	61	.496	13

Central Division

Cleveland	64	56	.533	
Minnesota	62	56	.525	7
Chicago	62	59	.512	2
Kansas City	49	73	.402	16
Detroit	46	76	.377	19

West Division

Houston	77	45	.631	
Seattle	66	55	.545	10
Texas	54	66	.450	22
Los Angeles	52	68	.433	24
Oakland	44	77	.364	32

NATIONAL LEAGUE

East Division

New York	78	44	.639	
Atlanta	75	47	.615	3
Philadelphia	66	54	.550	11
Miami	52	68	.433	25
Washington	41	81	.336	37

Central Division

St. Louis	68	51	.571	
Milwaukee	63	56	.529	5
Chicago	52	67	.437	16
Cincinnati	47	71	.398	20
Pittsburgh	47	73	.392	21

West Division

Los Angeles	83	36	.697	
San Diego	67	56	.545	18
San Francisco	59	61	.492	24
Arizona	55	65	.458	28
Colorado	53	69	.434	31

BY THE ASSOCIATED PRESS

prevailed in their make-or-break duel, 14-13.

Coming off the loser's bracket, the K2 Ballers had to win twice against the Net Rippers to steal the division title, but Naraja and company stood their ground and ended the finale early with the Game 1 victory. Mike Mercado was also a part of the Net Rippers' roster, but missed the finals due to an injury.

Meanwhile, with the boys U18 competition done, the organizing Northern Mariana Islands Basketball Federation will conclude the series of 3x3 tournament this weekend by

and I got to really know him because we never really chatted before... So we learned more about each other's lives. We turned the corner and he's still pretty far in front of us and I asked 'Sildrey, you think we can catch Mike?' He said 'yes we can if we work together.'"

Muldoon said the Grotto 10K proved that Run Saipan's races are more than a competition but are events where participants get to know each other better and even improve on their performance.

"He said 'bye guys see you at the finish.' But we said 'no Mike, we're together and let's do this together.' So we ran so fast in the last bit and it's great to have some people to run

with," said Muldoon.

Veloria and Mancao, for their part, finished 1-2 in the men's division and second and third overall behind Muldoon.

The Northern Marianas College student finished with a time of 45:05, followed by Mancao at 45:17. Agape Christian School's David Zhao was third among the men after clocking in at 48:19.

Veloria said the Grotto 10K wasn't really as tough as he initially thought.

"Honestly I thought it was gonna be really hard but with all the training I did before the race it really paid off. Like going up the hill I struggled a lot before. But now OK I can

push it a little more.

It also helped that he had the two-time NMI Women's 10K Run defending champion beside him 99% of the way.

"I wasn't really alone. Lily kind of paced me or we had the same pace. We liked to feed off each other and motivated each other. We high-fived a lot of people coming back. That gave more energy and I don't know how but it felt really good," he said.

Although, Veloria said the good doctor eventually out-sprinted him in the last part of the race, he'll be ready for her the next time.

"...And then going down here I felt we were going too

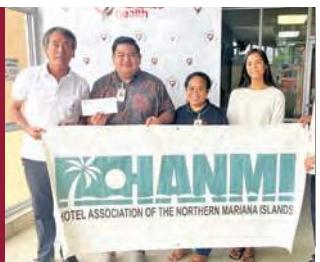


Pujols homers twice, lifts career total to 692 in Cards' win
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20 MONDAY, AUGUST 22, 2022

SAIPAN TRIBUNE

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ASSOCIATE EDITOR

RUN SAIPAN
Dr. Lily Muldoon and Sildrey Veloria were unofficially crowned Queen and King of the North, respectively, after topping Run Saipan's Grotto 10K last Saturday in Marpi.

Muldoon, the 37-year-old Department of Public Health director and Commonwealth Health Center Emergency Department physician, finished No. 1 overall with a time of 44:57.

She was followed by Di-

Lily, Sildrey are Queen, King of the North



MARK RABAGO

Dr. Lily Muldoon topped Run Saipan's Grotto 10K women's division last Saturday in Marpi. Also in photo are from left, Run Saipan president Edward Dela Cruz Jr., second place Dixie Mendenhall, Muldoon, third place Tiana Cabrera, and Run Saipan secretary/treasurer Dr. Ron Snyder.



MARK RABAGO

Sildrey Veloria topped Run Saipan's Grotto 10K men's division last Saturday in Marpi. Also in photo are from left, Run Saipan president Edward Dela Cruz Jr., second place Mike Mancao, Veloria, third place David Zhao, and Run Saipan secretary/treasurer Dr. Ron Snyder.

xie Mendenhall with a time of 47:56, while Saipan International School student Tiana Cabrera completed the Top 3 in the women's division with a time of 51:38.

Muldoon said the Grotto 10K was one of the "funnest race" she's ever ran on Saipan.

"It was really nice to be in Marpi and off Beach Road and running in the most beautiful parts of Saipan, which is the northern part of the island. Another reason it was really special was running with Mike [Mancao] and Sildrey [Veloria]. We

See LILY on Page 19

Net Rippers tops U18 3x3 tourney



CONTRIBUTED PHOTO

The Net Rippers' Leo Naraja, right, maneuvers away from the defense of K2 Ballerz's Gerald Pangelinan, center, while the former's teammate Frankie Satur tries to provide a screen during their title match in the boys U18 division of the NMIBF Three vs Three Hoop Fest Tournament last Saturday at the Gillette Multipurpose Gymnasium of the TSL Sports Complex.

By ROSELYN B. MONROYO
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REPORTER

Leo Naraja powered the Net Rippers to a 17-15 win against K2 Ballerz in the boys U18 finals of the NMIBF Three vs Three Hoop Fest Tournament held over the weekend at the Gillette Multipurpose Gymnasium of the TSL Sports Complex.

The Mt. Carmel School student scored 11 points in

markers for a sweep in the double-elimination tournament. Naraja engaged the K2 Ballerz's JayArt Palmes in a shootout in the closing minutes of the title match with the former prevailing in the end to hand the Net Rippers the division championship.

Naraja and Palmes each knocked in three shots from the 3-point area (2-point field goal) in the exchange with the latter hitting his last with

less than 40 seconds remaining in the game for the K2 Ballerz's 14-13 lead. Naraja countered with a short jumper to knot the count and then followed it up with his fourth triple in the match to put the Net Rippers back in the lead, 16-14.

An inside basket from Garrett Mariano kept the K2 Ballerz in the game, 15-16, but Naraja again delivered for the Net Rippers with his baseline drive, down to the



last 12 seconds of the game. With the clock winding down and the Net Rippers anticipating the K2 Ballerz to go for a trey to tie the match, Naraja's teammate, Kyu Al-dan, stayed close on defense against Palmes, forcing Mariano to take the triple. The big man's attempt was too strong, but the K2 Ballers then had another chance to force the deadlock when Kaipo Dikito got the final possession off a long rebound from the miss. However, Dikito's off-bal-

ance heave from the sideline near their bench fell short as time expired, giving the Net Rippers the title victory right after Game 1.

It was the Net Rippers' second win over the K2 Ballers in the closing stage of the tournament last Saturday. The eventual finalists first squared off in the semifinals of the winner's bracket with the Net Rippers escaping with a 15-14 win to reach the finals first and earn a twice-to-beat ad-

See NET on Page 19

Kautz is SGA July tourney winner

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ASSOCIATE EDITOR



Rick Kautz won the Saipan Golf Association Ace of the Month Tournament for July after shooting a gross 72 last July 31 at the Laolao Bay Golf & Resort west course.

The longtime Saipan businessman finished with a gross of 83 after shooting a 38 and 45 in the front and back nines. He came away with the 72 net after his 12 handicap was deducted.

Kautz's good friend, Nick Sablan, actually fired the score to beat in the July competition with his 72 net. However, the former CNMI national golfer was ineligible to win since he already topped the March edition of the tournament.

Sablan, a 9-handicapper, had the day's best gross score of 78 after carding a 40 and 39

See KAUTZ on Page 19



Kautz